




**Dine in Lunch Only**  
 Center on the Square Hours: 12-2pm  
 Independence Plaza Hours: 12-1:30pm  
 Our Lady of Pompeii Hours: 12-2pm

# Lunch Menu December 2022

For Saturday Lunch,  
please see our  
Westbeth menu

Meatless Mondays!	Tuesday	Wednesday	Thursday	Friday
<b>All Lunches Include: Whole Wheat Bread, Regular Coffee or Tea &amp; Lowfat Milk</b>			<b>1</b> Hamburgers, Baby Carrots w Parsley <b>Vegetarian</b> Vegetarian Delight, Spaghetti, Bok Choy	<b>2</b> Salmon in Garlic Butter Sauce, Rice w Vegetables, Italian Blend Vegetables <b>Vegetarian</b> Lentil Stew w Carrots & Turnips
<b>5</b> Alfredo Pasta Baked Vegetables	<b>6</b> Stewed Pork Chops, Yellow Rice & Pigeon Peas, Mixed Vegetables <b>Vegetarian</b> Vegetarian Stuffed Cabbage, Brussels Sprout	<b>7</b> Coconut Chicken Curry w Broccoli & Tomato <b>Vegetarian</b> Black Bean Burger, Fries, Salad	<b>8</b> Fish w Tomatoes & Herbs, Spaghetti, Baby Carrots w Parsley <b>Vegetarian</b> Eggplant Parmesan, Italian Blend Vegetables	<b>9</b> Chili Lime Chicken Tortilla Wrap, Mixed Vegetables <b>Vegetarian</b> Lemon Grass Curry w Broccoli & Tofu, Brown Rice
<b>12</b> Vegetarian Lasagna, Italian Blend Vegetables	<b>13</b> Fish Marsala w Mushroom, Rice w Corn, Mixed Vegetables <b>Vegetarian</b> Vegetable Ratatouille, Rice & Collard Greens	<b>14</b> Sweet & Sour Pork w Pineapple, Mashed Sweet Potato, Broccoli <b>Vegetarian</b> Vegetarian Chili, Potato, Green Salad	<b>15</b> Spaghetti w Sausage, Kale w Tomato <b>Vegetarian</b> Orzo Stuffed Peppers, Brussels Sprout, Butternut Squash	<b>16</b> Beef Stewed, Pilaf Rice, Mixed Vegetables <b>Vegetarian</b> Quinoa Black Bean Burger, Broccoli
<b>19</b> Eggplant Parmesan, Pasta, Garlic Bread, Garden Salad	<b>20</b> Cheeseburger w Onions, French Fries, Cucumber Salad <b>Vegetarian</b> Black Bean & Sweet Potato Chili	<b>21 Holiday Lunch!</b> <b>Roasted Chicken, Roasted Potatoes, Yellow Zucchini, Dinner Rolls, Pumpkin Pie</b> <b>Vegetarian</b> <b>Stuffed Peppers w Tofu Egg Nog</b>	<b>22</b> Grilled Chicken, Fries w Peppers & Onions, Chickpea Salad <b>Vegetarian</b> Vegan Meatballs in Tomato Sauce, Spinach	<b>23</b> Baked Salmon, Orzo, Salad <b>Vegetarian</b> Vegetarian Stuffed Cabbage, Potato, Winter Blend Vegetables
<b>26</b> <b>Center closed in Observance of Christmas</b>	<b>27</b> Chicken Parmesan, Penne Pasta, Broccoli w Mushroom & Onions <b>Vegetarian</b> Vegetable Ziti String Beans 	<b>28</b> Roasted Pork Pencil Shoulder, Brown Rice, Spinach <b>Vegetarian</b> Black Bean Burger, Baby Carrots w Parsley	<b>29</b> Beef & Turkey Meatloaf w Gravy, Mashed Potatoes, Broccoli <b>Vegetarian</b> Vegetarian Cabbage, Egg Noodle	<b>30</b> Fish w Vegetables, Potatoes, Kale <b>Vegetarian</b> Vegetarian Chili, Rice w Mushroom, Spinach