



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

May 2023

Hot Congregate Meal Hours at
Westbeth
Saturday: 11:30-12:30pm

Meatless Mondays!	Tuesday	Wednesday	Thursday	Friday	Westbeth Saturday
1 Vegetarian Vegetable Lasagna Kale with Tomato Sweet Potato	2 Chicken Parmesan Penne Pasta, Broccoli Vegetarian Ziti with Vegetables Mixed Green Salad	3 Roasted Pernil, Brown Rice, Spinach Vegetarian Black Bean Burger, Baby Carrots, Red Potatoes	4 Beef & Turkey Meatloaf, Mashed Potatoes, Broccoli Vegetarian Vegetarian Soup, Vegetarian Stuffed Cabbage	5 Baked Fish w Veggies, Roasted Potatoes, Kale w Onions & Peppers Vegetarian Vegetarian Chili, Rice w Mushrooms, Spinach	6 Salmon w/ Garlic Butter Sauce, Roasted Potatoes, Sauteed String Beans VEGETARIAN Baked Egg Omelette, Roasted Potatoes, Sauteed String Beans
8 Vegetarian Bean Burrito, Sweet Potatoes, Italian Blend Vegetables	9 Chicken Fajitas, Rice, Mix Veggies Vegetarian BBQ Tofu, Mashed Potatoes, String Beans	10 Baked Fish w Veggies, Pasta w Sweet Peas, Normandy Blend Vegetarian Quinoa Stuffed Peppers, Red Cabbage w Apples	11 Beef Stewed Egg Noodles, Oriental Blend Vegetarian Black Bean Soup, Broccoli Cheese Quesadilla, Corn & Red Peppers	12 Salmon in Garlic Sauce, Rice w Vegetables, Italian Blend Vegetables Vegetarian Lentil Stew w Carrots & Turnip, Roasted Red Potatoes	13 Ginger & Lime Salmon, Roasted Potatoes, Steamed Broccoli Vegetarian Veggie Lo Mein, Roasted Potatoes, Steamed Broccoli
15 Vegetarian Lentil Loaf Cooked carrots Baby Spinach Salad	16 Oven Fried Chicken, Pilaf Rice, Mix Veggies Vegetarian Tofu Stuffed Peppers, Butternut Squash, Winter Blend Veggies	17 Pork Stew, Sweet Yams, Collard Green w Tomato Vegetarian Vegetarian Chili, Rice, Green Salad	18 Hamburger, Grench Fries, Carrots w Onions Vegetarian Vegetarian Delight, Spaghetti	19 Cheese Ravioli, Ground Beef w Onion & Red Peppers Vegetarian Lentil Stew w Carrots & Turnips, Potatoes, String Beans	20 Baked Salmon, Perfect White Rice, Veggie Mix Vegetarian Baked Ziti w/ Cheese, Corn Niblets, Roasted Broccoli
22 Vegetarian Alfredo Pasta Baked Vegetables Vegetarian Delight	23 Pork Chops w Onions & Tomato Sauce, Mix Veggies Vegetarian Vegetarian Stuffed Cabbage, Brussel Sprout	24 Coconut Chicken, Broccoli w Tomato Vegetarian Black Bean Burger, Home Fries, Tossed Salad	25 Fish w Tomato & Onions, Spaghetti Pasta, Baby Carrots Vegetarian Eggplant Parmesan, Italian Blend	26 Chili Lime Chicken, Tortilla Wraps, Vegetables Mix Vegetarian Lemon Grass Curry w Broccoli & Tofu, Spinach	27 Citrus Sesame Crusted Salmon, Perfect White Rice, Brussels Sprouts Vegetarian Vegetarian Cobb Salad, Hard Boiled Egg, Garden Salad
29 Closed in Observance of Memorial Day 	30 Baked Fish w Mush- room, Rice w Corn, Mix Veggies Vegetarian Veggie Ratatouille, Collard Green Happy Bday May! 	31 Sweet & Sour Pork, Mashed Sweet Potatoes, Broccoli Vegetarian Vegetarian Chili, Potato, Green Salad			ALL LUNCHES INCLUDE: WHOLE WHEAT BREAD, LOWFAT MILK, REGULAR COFFEE OR TEA





Westbeth Lunch Menu

May 2023

Hot Congregate Meal Hours:

Tuesday-Friday: 1-2pm

Saturday: 11:30-12:30pm

Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lemon Chicken, Roasted Potatoes, Sauteed Spinach VEGETARIAN Veggie Griller Burger, Roasted Potatoes, Sauteed Spinach	3 Tuna Fish Salad, Pasta Salad, Garden Salad VEGETARIAN Baked Beans, Yellow Rice, Steamed Carrots	4 Egg Salad, Cole Slaw w/ Shredded Carrots, Potato Salad	5 Ginger Garlic Beef Stew, Perfect White Rice, Veggie Mix VEGETARIAN Cumin Spiced Chickpea & Tom Stew, White Rice, Mixed Veggies	6 Salmon w/ Garlic Butter Sauce, Roasted Potatoes, Sauteed String Beans VEGETARIAN Baked Egg Omelette, Roasted Potatoes, Sauteed String Beans
9 Honey Mustard Chicken, Baked Sweet Potato, Roasted Zucchini VEGETARIAN Cheese Blintzes, Baked Sweet Potato, Roasted Zucchini	10 Baked Mac & Cheese, Carrots, Steamed Green Beans	11 Chicken Salad Cole Slaw w/ Shredded Carrots, Potato Salad VEGETARIAN Sesame Tofu & Broccoli, Yellow Rice, Steamed Carrots	12 Chicken Parmesan Pasta, Steamed Spinach VEGETARIAN Pasta Fagioli, Pasta, Steamed Spinach	13 Ginger & Lime Salmon, Roasted Potatoes, Steamed Broccoli Vegetarian Veggie Lo Mein, Roasted Potatoes, Steamed Broccoli
16 BBQ Chicken, Pasta Primavera, Sauteed Green Beans w/ Onions VEGETARIAN Cheddar & Potato Bake, Pasta Primavera, Sauteed Green Beans w/ Onions	17 Beef Meatballs w/ Tomato Sauce, Pasta, Roasted Broccoli VEGETARIAN Vegan Meatballs w/ Tomato Sauce, Pasta, Roasted Broccoli	18 Hamburgers, Broccoli, Home Fries w/ Peppers & Onions VEGETARIAN Cheese Blintzes, Baked Sweet Potato, Steamed Spinach	19 Egg Salad, Cole Slaw w/ Shredded Carrots, Potato Salad	20 Baked Salmon, Perfect White Rice, Veggie Mix Vegetarian Baked Ziti w/ Cheese, Corn Niblets, Roasted Broccoli
23 General Tso Chicken, Perfect White Rice, Veggie Mix VEGETARIAN Veggie Griller Burger, Roasted Potatoes, Sauteed Spinach	24 Egg Salad, Cole Slaw w/ Shredded Carrots, Potato Salad	25 Honey Mustard Chicken, Yellow Rice, Steamed Green Beans VEGETARIAN Baked Beans, Yellow Rice, Steamed Green Beans	26 Beef Stew, Egg Noodles, Steamed Broccoli VEGETARIAN Cumin Spiced Chickpea & Tom Stew, Egg Noodles, Steamed Broccoli	27 Citrus Sesame Crusted Salmon, Perfect White Rice, Brussels Sprouts Vegetarian Vegetarian Cobb Salad, Hard Boiled Egg, Garden Salad
30 Closed in Observance of Memorial Day 	31 Tuna Fish Salad, Pasta Salad, Garden Salad VEGETARIAN Black Eyed Pea Salad, Pasta Salad, Garden Salad Happy Bday May! 			ALL LUNCHES INCLUDE: WHOLE WHEAT BREAD, LOWFAT MILK FRUIT and JUICE <u>To be consumed upon delivery</u>