

Lunch Menu September 2023

Dine in Lunch Only

Center on the Sq. Hours: 12 – 2 p.m.
Independence Plaza Hours: 12 – 1:30 p.m.

Our Lady of Pompeii Hours: 12 – 2 p.m.

Hot Congregate Meal Hours at Westbeth: Saturday, 11:30 a.m. – 12:30 p.m.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
4	<p>ALL LUNCHESES INCLUDE WHOLE WHEAT BREAD, REGULAR COFFEE, OR TEA, AND 1% LOWFAT MILK</p> <p>Center Closed in observation of Labor Day</p>	5	<p>Baked Ziti w Ricotta Cucumber & Tomato Salad w Balsamic Vinaigrette Vegetarian</p> <p>Baked Vegetable Alfredo Pasta, Cucumber & Tomato Salad w Balsamic Vinaigrette</p>	6	<p>Arroz con Pollo (Chicken Breast & Rice) Kale with Tomato Vegetarian</p> <p>Soft Whole Wheat Tacos w Vegetables, Rice Pilaaf</p>	7	<p>Salisbury Steak, Baby Carrots & Parsley, Garlic Mashed Potatoes Vegetarian</p> <p>Cheese Ravioli, Baby Carrots & Parsley, Garlic Mashed Potatoes</p>	1	<p>Coconut Curried Fish Rice w Corn Sautéed Broccoli w Mushrooms & Pearl Onions Vegetarian</p> <p>Jamaican Jerk Tofu, Rice w Corn Sautéed Broccoli w Mushrooms & Pearl Onions</p>	2	<p>Egg Salad, Cole Slaw, Potato Salad</p>
8	<p>Baked Salmon w Cilantro Citrus Sauce, Orzo, California Blend Vegetables Vegetarian</p> <p>Italian Herbed Tofu, Orzo, California Blend Vegetables</p>	9	<p>Fish, Cous Cous, Sautéed Green Beans w Onions Vegetarian: Cumin Spiced Chickpea & Tomato Stew</p>								
11	<p>Italian Herbed Tofu, Vegetarian Stuffed Cabbage, Roasted Mushrooms</p>	12	<p>Chicken Parmesan w Spaghetti, Garden Salad Vegetarian</p> <p>Eggplant Parmesan w Spaghetti, Garden Salad</p>	13	<p>Pernil (Roasted Pork (Shoulder), Rice w Vegetables, Steamed Collard Greens Vegetarian</p> <p>California Veggie Burger, Rice w Vegetables, Steamed Collard Greens</p>	14	<p>Beef & Turkey Meatloaf, Mushroom Gravy Egg Noodles Beets & Baby Carrots w Dill Vegetarian</p> <p>Lentil Chili, Egg Noodles Beets & Baby Carrots w Dill</p>	15	<p>BBQ Chicken Leg Quarters, Baked Red Potato Wedges, Roasted Broccoli Vegetarian</p> <p>Stuffed Shell w Cheese, Baked Red Potato Wedges, Roasted Broccoli</p>	16	<p>Tuna Fish Salad, Cole Slaw, Garden Salad Vegetarian: Black Eyed Pea Salad Basic Pasta Salad Garden Salad</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Black Bean Burger, Baked Red Potato Wedges, Mixed Green Salad	19 Grilled Chicken Breast w Eggplant & Peppers Spanish Brown Rice & Beans, Zucchini Vegetarian Pasta Primavera, Spanish Brown Rice & Beans, Zucchini	20 Spanish Style Roast Pork, Pasta Primavera, Mixed Green Salad Vegetarian Potato & Cheese Pierogi, Pasta Primavera, Mixed Green Salad	21 Spanish Chicken w Potatoes & Garlic Roasted Eggplant Vegetarian Mushroom Cauliflower Bolognese	22 Baked Fish w Veggies, Roasted Vegetable Couscous, Cooked Cabbage w Shredded Carrots Vegetarian Whole Wheat Quesadilla w Broccoli	23 Egg Salad, Cole Slaw, Potato Salad
25 Vegetable Soup, Homemade Black Bean Burger, Beet Salad, French Fries	26 Chicken Parmesan Pasta, Mixed Green Salad Vegetarian Eggplant Parmesan, Mixed Green Salad Birthday Cake!	27 Baked Chicken Quarters Italian Blend Vegetables Sweet Potato Fries Vegetarian Baked Ziti with Cheese, Italian Blend Vegetables Sweet Potato Fries	28 Italian Roasted Pork Tenderloin, Yellow Rice Carrot Apple Raisin Salad, Yellow Plantain Vegetarian Quesadillas w Black Beans	29 Tuna Fish Salad Bowtie Pasta Broccoli & Red Pepper Salad Vegetarian Spinach Cheese Jumbo Ravioli	30 Fish, Corn Niblets, Broccoli Vegetarian: Cumin Spiced Chickpea & Tomato Stew, White Rice Steamed Green Beans

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 Tuesday – Friday 1 – 2 p.m.
 Saturday: 11:30 a.m. – 12:30 p.m.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY					
4	<p>Center Closed All other locations are serving lunch: Center on the Sq. Our Lady of Pompeii Independence Plaza</p> <p>Centers Closed in observation of Labor Day</p>	5	<p>ALL LUNCHES INCLUDE WHOLE WHEAT BREAD, REGULAR COFFEE, OR TEA, AND 1% LOWFAT MILK</p> <p>Center Closed in observation of Labor Day</p>	6	<p>Marmalade Glazed Baby Back Ribs, Chinese Style Spaghetti, Broccoli w Garlic</p> <p>Vegetarian: Cheddar & Potato Bake, Pasta, Roasted Broccoli</p>	7	<p>Zesty Chickpea Stew, Quinoa Barley Pilaf, Steamed Carrots</p>	1	<p>Salisbury Steak, Garlic Mashed Potatoes, Roasted Zucchini</p> <p>Vegetarian: Stuffed Shells w Cheese, Tomato Sauce Roasted Zucchini</p>	2	<p>Egg Salad Cole Slaw Potato Salad</p>				
8	<p>Beef Stir Fry w Broccoli & Carrots, Brown Rice, Steamed Cauliflower</p> <p>Vegetarian: Tomato Sauce Vegan Eggplant Meatballs, Steamed Cauliflower</p>	9	<p>Salmon, Cous Cous, Sautéed Green Beans w Onions</p> <p>Vegetarian: Cumin Spiced Chickpea & Tomato Stew</p>	11	<p>Center Closed All other locations are serving lunch: Center on the Sq. Our Lady of Pompeii Independence Plaza</p>	12	<p>Chicken Parm, Pasta, Vegetable Mix</p> <p>Vegetarian: Cheese Blintzes Mashed Sweet Potatoes Vegetable Mix</p>	13	<p>Baked Pork, Apple Sweet Potatoes, Sautéed Spinach</p> <p>Vegetarian: Black Eyed Pea Salad, Pasta Salad, Israeli Salad</p>	14	<p>BBQ Tofu Fingers, Home Fries, Italian Blend Vegetables</p>	15	<p>Basic Shepard's Pie, Vegetable Mix</p> <p>Vegetarian: Baked Macaroni & Cheese, Vegetable Mix</p>	16	<p>Tuna Fish Salad, Cole Slaw, Garden Salad</p> <p>Vegetarian: Black Eyed Pea Salad Basic Pasta Salad Garden Salad</p>

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<p>18</p> <p>Center Closed All other locations are serving lunch: Center on the Sq. Our Lady of Pompeii Independence Plaza</p>	<p>19</p> <p>Sesame Orange Chicken, Rice Pilaf, Oriental Blend Vegetables Vegetarian: Vegetarian Chili, Rice Pilaf Oriental Blend Vegetables</p>	<p>20</p> <p>Baked Pork Chops, Mashed Potatoes, Roasted Zucchini Vegetarian: Curry Chickpea Stew, Mashed Potatoes, Roasted Zucchini</p>	<p>21</p> <p>Tofu Parmigiana, Pasta, Roasted Broccoli</p>	<p>22</p> <p>Hamburger, Baked Red Potato Wedges, Salad Vegetarian: Lo Mein w Chickpeas, Baked Red Potato Wedges, String Beans</p>	<p>23</p> <p>Egg Salad, Cole Slaw, Potato Salad</p>
<p>25</p> <p>Center Closed All other locations are serving lunch: Center on the Sq. Our Lady of Pompeii Independence Plaza</p>	<p>26</p> <p>Chicken Marsala, Roasted Potatoes, Sautéed Spinach Vegetarian: Cheddar & Potato Bake, Pasta Primavera, Sautéed Spinach Birthday Cake!</p>	<p>27</p> <p>Pernil Roasted Pork Shoulder, Yellow Rice, Steamed Carrots Vegetarian: Baked Beans, Yellow Rice, Steamed Carrots</p>	<p>28</p> <p>Mushroom Dan Dan Wheat Noodles, Steamed Broccoli</p>	<p>29</p> <p>Meatballs & Spaghetti, Vegetable Mix Vegetarian: Tomato Sauce, Vegan Meatballs, Vegetable Mix</p>	<p>30</p> <p>Fish, Corn Niblets, Broccoli Vegetarian: Cumin Spiced Chickpea & Tomato Stew, White Rice Steamed Green Beans</p>