

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Meatloaf Mashed Potatoes Parslied Carrots Dinner Roll Greek Yogurt	Turkey Sloppy Joe Roasted Red Potatoes Veg. Barley Soup Sandwich Roll Chocolate Chip Cookie	Caprese Pork Chop Brown Rice Garlic Broccoli Crackers Diced Pears	Salisbury Steak w/Gravy Herbed Mashed Potatoes Lima Beans Dinner Roll Apple Slices	Mustard Dill Baked Fish Macaroni & Cheese Stewed Tomatoes Broccoli & Cauliflower Crackers & Cherry Jello	
8	9	10	11	12	13	14
	Teriyaki Glazed Pork Sesame Brown Rice Stir Fry Vegetables Carrot Ginger Soup Melon	Stuffed Cabbage w/ Meatsauce Mashed Potatoes Green Beans / Dinner Roll Apple Slices	Beef Stew Potatoes Peas Dinner Roll Fruit Salad	Honey Glazed Turkey Mashed Sweet Potatoes Brussel Sprouts Dinner Roll Cinnamon Baked Apples	Vegetable Lasagna Italian Green Beans Cauliflower Diced Peaches	
15	16	17	18	19	20	21
	Cheeseburger Coleslaw Potato & Ham Chowder Sandwich Roll / Ketchup Melon	Chicken Francaise Parslied Potatoes Broccoli Dinner Roll Rice Pudding	LUNCH & LEARN NO REGULAR LUNCH	BBQ Pork Patty Mashed Sweet Potatoes Green Beans Sandwich Roll Cottage Cheese & Fruit	Egg & Cheese Bake Mont. Diced Potatoes Sauteed Peppers & Onions Biscuit Melon	
22	23	24	25	26	27	28
	Mexican Baked Chicken Black Beans Chuckwagon Corn Dinner Roll Pineapple	O/F Pork Sandwich Mashed Potatoes Split Pea Soup WW Bread Orange	THEME LUNCH NO REGULAR LUNCH	Four Cheese Baked Pasta Garlic Spinach Italian Green Beans Ambrosia	Fish Almandine Scalloped Potatoes Peas & Pearl Onions Dinner Roll Apple Bread Pudding	
29	30	31	APRIL 1	APRIL 2	APRIL 3	
	Rotisserie Chicken Green & Wax Beans Cream Corn Dinner Roll / Crackers Fruit Salad	Meatloaf Mashed Potatoes Parslied Carrots Dinner Roll Greek Yogurt	Stuffed Peps w/Meatsauce Mashed Potatoes Dilled Carrots DinnerRoll/Marg Cherry Jello	Pulled Pork Sandwich Coleslaw Vegetable Soup Sandwich Roll Sugar Cookie	Cheese Ravioli w/ Tom.Sauce Italian Vege. Medley Crackers Greek Yogurt Cantaloupe	