

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

MEALS ON WHEELS

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	TORTELLINI W/ TOM.SAUCE ITALIAN VEGE BLEND WW ROLL W/MARG FRESH ORANGE 1% MILK	CLOSED	LEMON BUTTER FISH BROCCOLI STEWED TOMATOES MAC & CHEESE CHOC. PUDDING/1%MILK	O/F ROAST PORK SAND ON WHOLE WHEAT ROASTED RED PEPPER SOUP MASHED POTATOES FRUIT CUP & 1% MILK	CLOSED	
9	10	11	12	13	14	15
	SALISBURY STEAK BEETS MASHED POTATOES WW ROLL W/ MARG CHOC BROWNIE & 1% MILK	CLOSED	VEGETABLE LASAGNA CAULIFLOWER & PEAS WW ROLL/MARG FRESH APPLE SLICES 1% MILK	BAKED HAM HALUSHKI WW ROLL & MARG GRAPES & GRAHAM Cr. 1% MILK	CLOSED	
16	17	18	19	20	21	22
	ROAST TURKEY W/GRAVY BRUSSEL SPROUTS MASHED POTATOES BREAD STUFFING FRUIT CRISP & 1% MILK	CLOSED	CRISPY FISH SAND VEGETABLE BLEND ROASTED POT. WEDGES WWROLL/MARG CHOC PUDDING/1% MILK	CHEESE STEAK HOAGIE VEGETABLE SOUP SIDE SALAD JELLO MARG, /SALAD DRESSING	CLOSED	
23	24	25	26	27	28	29
	ROAST BEEF W/GRAVY MIXED VEGES CHEESY MASHED POTATOES VWV DINNER ROLL/MARG OATMEAL COOKIE	CLOSED	SHRIMP SCAMPI BROCCOLI & CAULIFLOWER GARLIC BUTTER PENNE FRESH GRAPES 1% MILK	RANCH TURKEY BRUSSEL SPROUTS SWEET POTATOES VWV ROLL/MARG VANILLA PUDDING/1% MILK	CLOSED	
30	31					
	MEATLOAF CARROTS MASHED POTATOES WW ROLL/MARG					

POUND CAKE/1% MILK