

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
					1 CLOSED	2
3	4  <i>Happy 4th of July</i> CLOSED	5	6	7	8 CLOSED	9
		CHICKEN W/WHITE WINE SAUCE BROWN RICE W/PEAS & CARROTS GREEN BEANS ALMONDINE WW ROLL W/MARG BERRY APPLESAUCE	TUNA SALAD PLATTER W/ TOMATO & HARD BOILED EGG BROCCOLI SALAD W/RAISINS WW ROLL W/MARG FRUIT COCKTAIL	LASAGNA W/TOMATO SAUCE BROCCOLI, CAULIFLOWER, CARROT UNSWEETENED APPLES COCOA MUFFIN		
10	11	12	13	14	15 CLOSED	16
SWEDISH MEATBALLS PEAS & CARROTS WIDE NOODLES WW ROLL W/MARG FRESH ORANGE	TERIYAKI FISH FRIED BROWN RICE ASIAN BLEND VEGETABLES WW ROLL W/MARG FRESH PEAR	LUNCH & LEARN	CHICKEN W/MUSTARD SAUCE BRUSSEL SPROUTS W/CRAISINS ROASTED RED POTATOES WW ROLL W/MARG OATMEAL COOKIE			
17	18	19	20	21	22 CLOSED	23
CHEESE RAVIOLI W/ ROASTED RED PEPPER SAUCE SPINACH & CARROTS CAULIFLOWER FRESH PEACH	BBQ PORK MARINATED BROCCOLI SALAD CORN WW ROLL W/MARG CINNAMON BANANA MUFFIN	WAFFLE ICE CREAM TRUCK	SLICED TURKEY W/GRAVY STUFFING CRANBERRY GLAZED CARROTS WW ROLL W/MARG APPLESAUCE			
24	25	26	27	28	29 CLOSED	30
GARLIC BROWN SUGAR CHICKEN APPLE GLAZED SWEET POTATOES BRUSSEL SPROUTS WW ROLL W/MARG	CHEESBURGER MEATLOAF POTATO WEDGES FRESH GREEN BEAN SALAD WW ROLL W/MARG	SPINACH SALAD COLD COUSCOUS SALAD WW ROLL W/MARG PEARS	GRILLED CHICKEN PARM ROTINI SPINACH W/DICED CARROTS WW ROLL W/MARG APPLESAUCE			
31	SUGAR COOKIE	PEACHES				