

# BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

## MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

### AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day					
1	BEEF STEW POTATOES PEAS WW ROLL W/MARG FRESH ORANGE	2	CHICKEN ALFREDO BROCCOLI PENNE WW BREAD W/MARG PEARS	3	GRILLED CHIC, CAESAR SALAD GREEK CHICKPEA SALAD WW ROLL W/MARG PEACHES	4	MUSHROOM & SWISS BURGER MASHED POTATOES COLE SLAW WW HAMBURGER ROLL MANDARIN ORANGES	5	CLOSED	6	
7	SWEDISH MEATBALLS PEAS & CARROTS WIDE NOODLES WW BREAD W/MARG FRESH ORANGE	8	EGGS FLORENTINE MARINATED TOMATO & ONION SAL. HASH BROWNS WW BREAD W/MARG CINNAMON APPLESAUCE	9	10	LUNCH & LEARN	11	BOWTIES W/BOLOGNAISE SAUCE BROCCOLI CARROTS FRUIT COCKTAIL	12	CLOSED	13
14	CHEESE RAVIOLI W/ ROASTED RED PEPPER SAUCE SPINACH & CARROTS CAULIFLOWER FRESH PEACH	15	BAKED FISH W/LEMON & CAPERS BUTTERED PARSLEY POTATOES MIXED VEGETABLES WW ROLL W/MARG MANDARIN ORANGES	16	SALAD W/GRILLED CHICKEN MACARONI SALAD CUKES & RED ONIONS WW BREAD W/ MARG FRESH PEAR	17	SALISBURY STEAK MASHED POTATOES PEAS & ONIONS WW BREAD W/MARG PEARS	18	19	CLOSED	20
21	GARLIC BROWN SUGAR CHICKEN APPLE GLAZED SWEET POTATOES BRUSSEL SPROUTS WW ROLL W/MARG SUGAR COOKIE	22	SPANISH OMELET HASH BROWNS PEAR CRISP WW BREAD W/MARG FRESH PLUM	23	24	SENIOR CITIZENS DAY	25	SESAME BEEF W/PEPPERS BROCCOLI BROWN RICE WW ROLL W/MARG FRUIT COCKTAIL	26	CLOSED	27
28	BEEF STEW POTATOES PEAS WW BREAD W/MARG FRESH ORANGE	29	LASAGNA BROCCOLI, CAULIFLOWER, CARROT UNSWEETENED APPLES COCOA MUFFIN	30	HONEY DIJON TURKEY & SWISS SANDWICH PASTA SALAD COLE SLAW FRESH PLUM	31					