

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
				1 CHICKEN W/WHITE WINE SAUCE BRN. RICE W/PEAS & CARROTS GREEN BEANS ALMONDINE WWV ROLL W/MARG BERRY APPLESAUCE	2 CLOSED	3
4	5 CLOSED	6 CHICKEN W/MUSTARD CR'M.SAUCE BRUSSEL SPROUTS W/CRAISINS ROASTED RED POTATOES WWV ROLL W/MARG OATMEAL COOKIE	7 ROAST BEEF SPECIAL COLE SLAW DILL MARINATED CUKE SALAD DRESSING PEARS	8 TERIYAKI FISH FRIED BROWN RICE ASIAN BLEND VEGETABLES WWV ROLL W/MARG FRESH PEAR	9 CLOSED	10
11	12 CHEESE RAVIOLI W/ROASTED RED PEPPER SAUCE SPINACH & CARROTS CAULIFLOWER FRESH PEACH	13 SLICED TURKEY W/GRAVY STUFFING CRANBERRY GLAZED CARROTS WWV ROLL W/MARG APPLESAUCE	14 SLICED CHICKEN & CHEDDAR PITA HEALTH SALAD VEGETABLE PASTA SALAD MAYO CINNAMON APPLESAUCE	15 BBQ PORK MARINATED BROCCOLI SALAD CORN WWV BREAD W/MARG CINN. BANANA MUFFIN	16 CLOSED	17
18	19 GARLIC BROWN SUGAR CHICKEN APPLE GLAZED SWEET POTATOES BRUSSEL SPROUTS WWV ROLL W/MARG SUGAR COOKIE	20 GRILLED CHICKEN PARM ROTINI SPINACH W/DICED CARROTS WWV ROLL W/MARG APPLESAUCE	21 LUNCH & LEARN	22 CHEESEBURGER MEATLOAF W/ ONIONS - POTATO WEDGES MARINATED GREEN BEAN SALAD WWV BREAD W/ MARG PEACHES	23 CLOSED	24
25	26 BEEF STEW POTATOES - PEAS WWV BREAD W/MARG FRESH ORANGE	27 CHICKEN W/WHITE WINE SAUCE BROWN RICE W/PEAS & CARROTS GREEN BEANS ALMONDINE WWV ROLL W/MARG BERRY APPLESAUCE	28 TUNA SALAD PLATTER LETTUCE, TOMATO & 1/2 HB EGG BROCCOLI SALAD W/CRAISINS WWV ROLL W/MARG FRUIT COCKTAIL	29 LASAGNA BROCCOLI, CAULIFLOWER, CARROT UNSWEETENED APPLES COCOA MUFFIN	30 CLOSED	