

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
		1	2	3	4	5
		EGGS FLORENTINE MARI'NTD TOMATO & ONION SALAD HASH BROWNS WW BREAD W/MARG CINNAMON APPLESAUCE	SEAFOOD SALAD & HARD BOILED EGG W/LETTUCE & TOMATO GREEN BEAN SALAD W/ALMONDS WW ROLL W/MARG BERRY APPLESAUCE	BOWTIES W/BOLOGNAISE SAUCE BROCCOLI CARROTS FRUIT COCKTAIL	CLOSED	
6	7	8	9	10	11	12
CHEESE RAVIOLIS W/ROASTED RED PEPPER SAUCE SPINACH & CARROTS CAULIFLOWER FRESH PEACH	CLOSED		HOUSE SALAD W/GRLD. CHICKEN FF HONEY DIJON CHOPPED CUKES, ONION, TOMATO MACARONI SALAD - WHEAT BREAD FRESH PEAR	SALISBURY STEAK MASHED POTATOES PEAS & ONIONS WW BREAD W/MARG PEARS	CLOSED	
13	14	15	16	17	18	19
GARLIC BROWN SUGAR CHICKEN APPLE GLAZED SWEET POTATOES BRUSSEL SPROUTS WW ROLL W/MARG SUGAR COOKIE		SPANISH OMELET HASH BROWNS PEAR CRISP WW BREAD W/MARG FRESH PLUM	LUNCH & LEARN	SESAME BEEF W/PEPPERS BROCCOLI BROWN RICE WW ROLL W/MARG FRUIT COCKTAIL	CLOSED	
20	21	22	23	24	25	26
BEEF STEW POTATOES PEAS WW BREAD W/MARG FRESH ORANGE		LASAGNA BROCCOLI, CAULIFLOWER, CARROT UNSWEETENED APPLES COCOA MUFFIN	HONEY DIJON TURKEY & SWISS SANDWICH PASTA SALAD COLE SLAW FRESH PLUM	CLOSED	CLOSED	
27	28	29	30			
SWEDISH MEATBALLS PEAS & CARROTS WIDE NOODLES WW BREAD W/MARG FRESH ORANGE		CHICKEN W/ MUSTARD CRM SAUCE BRUSSEL SPROUTS W/CRAISINS ROASTED RED POTATOES WW ROLL W/MARG OATMEAL COOKIE	ROAST BEEF SPECIAL COLE SLAW MARINATED CUKE SALAD FF 1000 DRESSING PEARS			