

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
				1 TERIYAKI FISH FRIED BROWN RICE ASIAN BLEND VEGETABLES WW ROLL W/MARG FRESH PEAR	2 CLOSED	3
4 CLOSED	5 CHEESE RAVIOLIS W/ RED PEPPER SAUCE SPINACH & CARROTS CAULIFLOWER FRESH PEACH	6 SLICED TURKEY W/GRAVY STUFFING CRANBERRY GLAZED CARROTS WW ROLL W/MARG APPLESAUCE	7 SLICED CHICKEN & CHEDDAR PITA W/MAYO HEALTH SALAD VEGETABLE PASTA SALAD CINNAMON APPLESAUCE	8 BBQ PORK MARINATED BROCCOLI SALAD CORN WW BREAD W/MARG CINNAMON BANANA MUFFIN	9 CLOSED	10
11 CLOSED	12 GARLIC BROWN SUGAR CHICKEN APPLE GLAZED SWEET POTATOES BRUSSEL SPROUTS WW ROLL W/MARG SUGAR COOKIE	13  HOLIDAY LUNCHEON	14 LUNCH & LEARN	15 CHEESEBURGER MEATLOAF POTATO WEDGES FRESH GREEN BEAN SALAD WW BREAD W/MARG PEACHES	16 CLOSED	17
18 CLOSED	19 BEEF STEW POTATOES PEAS WW BREAD W/MARG FRESH ORANGE	20 CHICKEN W/WHITE WINE SAUCE BROWN RICE W/PEAS & CARROTS GREEN BEANS ALMONDINE WW ROLL W/MARG BERRY APPLESAUCE	21 TUNA SALAD PLATTER W/LETTUCE, TOMATO, HARD BOILED EGG BROCCOLI SALAD W/CRAISINS WW ROLL W/MARG FRUIT COCKTAIL	22 LASAGNA BROCCOLI, CAULIFLOWER, CARROT UNSWEETENED APPLES COCOA MUFFIN	23 CLOSED	24
25 CLOSED	26 CLOSED	27 TERIYAKI FISH FRIED BROWN RICE ASIAN BLEND VEGETABLES WW ROLL W/MARG FRESH PEAR	28 TURKEY HOAGIE W/MAYO & LETTUCE, TOMATO, ONION POTATO SALAD MANDARIN ORANGES	29 CHICKEN W/MUSTARD CREAM SAU BRUSSEL SPROUTS W/CRAISINS ROASTED RED POTATOES WW ROLL W/MARG OATMEAL COOKE	30 CLOSED	31

