

# BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

## MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

### JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
1	2 CLOSED	3 ROASTED PORK W/APPLES WHIPPED POTATOES W/CHIVES MINI BISCUIT W/APPLE BUTTER COOKIE	4 TURKEY HAM & SWISS SAND LETTUCE, TOMATO SLICE WW BREAD APPLESAUCE CARROT RAISIN SALAD	5 BAKED COD MACARONI & CHEESE STEWED TOMATOES WHEAT BREAD SEASONAL FRESH FRUIT	6 CLOSED	7
8	9 POPCORN CHICKEN WHIPPED POTATOES W/CHIVES CORN BISCUIT PEACHES	10 SWEET & SOUR PORK RICE BROCCOLI & CAULIFLOWER BLEND DINNER ROLL SEASONAL FRESH FRUIT	11 SEAFOOD SALAD PENNE PASTA SALAD W/PEPPERS & BROCCOLI WW ROLL PUDDING	12 ROASTED TURKEY W/GRAVY BUTTERED NOODLES MIXED VEGETABLES DINNER ROLL GELATIN	13 CLOSED	14
15	16 CLOSED	17 BAKED MEATLOAF BAKED POTATO W/MARGARINE BEETS WHITE BREAD SEASONAL FRESH FRUIT	18 LUNCH & LEARN	19 CHEESE LASAGNA ROLLUP SHREDDED CHEESE TOSSED SALAD W/TOMATO ITALIAN BREAD SEASONAL FRESH FRUIT	20 CLOSED	21
22	23 BBQ PORK RIBETTE HASHBROWN CUBES GREEN BEANS SANDWICH BUN PINEAPPLE DELIGHT	24 CHICKEN ALFREDO NOODLES BROCCOLI & CAULIFLOWER BLEND WHITE BREAD WARM APPLE CRANBERRY CRISP	25 GARDEN SALAD W/CHICKEN RANCH DRESSING, CROUTONS CHP'D. CARROTS, CUKES, ONIONS MACARONI SALAD SEASONAL FRESH FRUIT	26 OPEN FACED TURKEY SAND W/GR WHIPPED POTATOES W/CHIVES SWEET CORN WHITE BREAD COOKIE	27 CLOSED	28
29	30 PEPPER STEAK W/GRAVY WHIPPED POTATOES DICED CARROTS WHEAT BREAD BLUSHED PEARS	31 GRILLED CHICKEN SANDWICH W/LETTUCE, TOMATO CREAM OF BROCCOLI SOUP DINNER ROLL FRUITED GELATIN			CLOSED	