

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

MENU

SUGGESTED MEAL DONATION - \$2.00

1% MILK WILL BE INCLUDED WITH ALL MEALS

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat'day
			1	2	3	4
			TURKEY HAM & SWISS SAND. WW BREAD LETTUCE, TOMATO SLICE CARROT RAISIN SALAD MANDARIN ORANGES	HAWAIIAN PORK LOIN BUTTERED NOODLES ISLAND BLEND VEGETABLES FRESH SEASONAL FRUIT COOKIE	CLOSED	
5	6	7	8	9	10	11
WESTERN OMELET W/HAM, PEPPERS, ONION, CHEESE SU'SAGE PATTY, BRKFAST.POTA ENGLISH MUFFIN W/JELLY APPLE JUICE	BBQ CHICKEN BREAST BROWN RICE COLESLAW WHEAT BREAD FRESH ORANCE	SEAFOOD SALAD HB EGG, LETTUCE, TOMATO HOMEMADE PENNE PASTA SALAD W/PEPPERS & BROCCOLI WW ROLL - COOKIE	BAKED CABBAGE ROLL W/TOMATO SAUCE CARROTS DINNER ROLL SEASONAL FRESH FRUIT	CLOSED		
12	13	14	15	16	17	18
CHICKEN MARSALA RICE PILAF BROCCOLI & CAULIFLOWER BLEND WHEAT BREAD SEASONAL FRESH FRUIT	SPAGHETTI & MEATBALLS W/MARINARA SAUCE TOSSED SALAD W/TOMATO GARLIC BREADSTICK MIXED FRUIT SALAD	LUNCH & LEARN	SALISBURY STEAK W/GRAVY BAKED POTATO W/MARG BROCCOLI WHEAT BREAD GELATIN	CLOSED		
19	20	21	22	23	24	25
CLOSED	SWEDISH MEATBALLS W/GRAVY BUTTERED NOODLES PEAS DINNER ROLL SEASONAL FRESH FRUIT	EGG SALAD PLATTER TOMATO & WHITE BEAN SALAD MARINATED CARROT SALAD WW ROLL SEASONAL FRESH FRUIT	CHILI CHEDDAR CHEESE TOSSED SALAD W/TOMATO CORNBREAD APPLESAUCE	CLOSED		
26	27	28				
POPCORN CHICKEN WHIPPED POTATOES CORN BISCUIT PEACHES	SWEET & SOUR PORK RICE BROCCOLI & CAULIFLOWER BLEND DINNER ROLL SEASONAL FRESH FRUIT					