BENJAMIN H. WILSON SENIOR ACTIVITY CENTER
215.672.8380
LUNCH MENU - 11:45am

SUGGESTED MEAL DONATION - $2

THE CENTER IS CLOSED ON FRIDAY

MARCH 2023

1% MILK WILL BE INCLUDED

WITH ALL MEALS

Monday	Tuesday	Wednesday	Thursday
		1 LUNCH & LEARN	2 ROASTED TURKEY W/GRAVY BUTTERED NOODLES MIXED VEGETABLES DINNER ROLL GELATIN
6 BAKED MEATLOAF W/GRAVY BAKED POTATO W/MARG BEETS WHITE BREAD SEASONAL FRESH FRUIT	7 PASTA PRIMAVERA (CHICKEN,ONIONS, CARROTS,BROCCOLI,PEPPERS, CHEESE) NOODLES BREADSTICK MIXED FRUIT	8 SEAFOOD SALAD SURIMI, HB EGG, LETTUCE, TOMATO HOMEMADE PENNE PASTA SALAD W/PEPPERS & BROCCOLI WW ROLL - COOKIE	9 CHEESE LASAGNA ROLLUP SHREDDED CHEESE TOSSED SALAD W/ TOMATO ITALIAN BREAD SEASONAL FRESH FRUIT
13 BBQ PORK RIBETTE HASHBROWN CUBES GREEN BEANS SANDWICH BUN PINEAPPLE DELIGHT	14 CHICKEN ALFREDO NOODLES BROCCOLI WHITE BREAD WARM APPLE CRANBERRY CRISP	15 LUNCH & LEARN	16 CORNED BEEF & CABBAGE BOILED POTATOES W/CHIVES GREEN BEANS DINNER ROLL PISTACHIO PUDDING
20 PEPPER STEAK W/GRAVY WHIPPED POTATOES DICED CARROTS WHEAT BREAD BLUSHED PEARS	21 GRILLED CHICKEN SANDWICH W/LETTUCE, TOMATO CREAM OF BROCCOLI SOUP DINNER ROLL FRUITED GELATIN	22 EGG SALAD PLATTER TOMATO & WHITE BEAN SALAD MARINATED CARROT SALAD WW ROLL MANDARIN ORANGES	23 HAWAIIAN PORK LOIN BUTTERED NOODLES ISLAND BLEND VEGETABLES FRESH SEASONAL FRUIT COOKIE
27 WESTERN OMELET W/HAM, PEPPERS, ONION, CHEESE SAUSAGE PATTY & BRKFAST POTATOES ENGLISH MUFFIN W/JELLY APPLE JUICE	28 BBQ CHICKEN BREAST BROWN RICE COLESLAW WHEAT BREAD FRESH ORANGE	29 TURKEY HAM & SWISS SANDWICH WW BREAD LETTUCE, TOMATO SLICE CARROT RAISIN SALAD COOKIE	30 SPAGHETTI & MEATBALLS W/ MARINARA SAUCE TOSSED SALAD W/TOMATO GRARLIC BREADSTICK MIXED FRUIT SALAD