

BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

LUNCH MENU - 11:45am

SUGGESTED MEAL DONATION - \$2

1% MILK WILL BE INCLUDED



JULY 2024



WITH ALL MEALS


THE CENTER IS CLOSED ON FRIDAYS

Monday

Tuesday

Wednesday

Thursday

<p>1</p> <p>Sweet and Sour Chicken ½ cup broccoli & carrots ½ cup brown rice 2oz WW roll Fresh Fruit</p>	<p>2</p> <p>Lemon & Capers Baked Fish ½ cup carrots coins ½ cup rotini 1oz WW bread Fresh Fruit</p>	<p>3</p> <p>GRILLED CHICKEN CAESAR SALAD 1Tbsp Caesar drsg ½ cup homemade pasta salad 1 slice WW bread ½ cup pears</p>	<p>4</p> 
<p>8</p> <p>Stuffed Shells ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples</p>	<p>9</p> <p>Garlic Dijon Chicken Thigh ½ cup honey whipped sweet potato ½ cup collard greens 1 oz white bread</p>	<p>10</p> <p>Lunch and Learn</p>	<p>11</p> <p>Omelet w Peppers/Onion/ Cheddar ½ cup cinnamon oatmeal ½ cup warm cranberry pears 1 oz WW bread ½ cup cinnamon applesauce</p>
<p>15</p> <p>Lasagna Rollup ½ cup peas ½ cup cauliflower Fresh Fruit</p>	<p>16</p> <p>Salisbury Steak with Mushrooms ½ cup broccoli with red peppers ½ cup roasted potatoes 1oz WW bread 2oz sweet muffin</p>	<p>17</p> <p>SEAFOOD SALAD PLATTER ½ cup summertime salad ½ cup macaroni salad 2oz oz whole wheat roll Fresh Fruit</p>	<p>18</p> <p>Lemon Pepper Fish ½ cup brown rice ½ cup green beans and carrots 2oz WW roll ½ cup mandarin oranges</p>
<p>22</p> <p>South-West Chicken ½ cup salsa rice w black beans ½ cup corn w peppers 1oz WW bread ½ cup pineapples</p>	<p>23</p> <p>Crab Cake & Mac and Cheese ½ cup stewed tomatoes ½ cup broccoli & cauliflower 1oz WW bread ½ cup fruit cocktail</p>	<p>24</p> <p>TURKEY SALAD WITH CRAISINS ½ cup marinated green bean salad ½ cup Cold Brown rice salad 1 sl whole wheat bread Fresh Fruit</p>	<p>25</p> <p>Rigatoni with Meat Sauce ½ cup Peas ½ cup warm spiced peaches 1 oz white bread Fresh Fruit</p>
<p>29</p> <p>Lemon & Capers Baked Fish ½ cup carrots coins ½ cup rotini 1oz WW bread Fresh Fruit</p>	<p>30</p> <p>Cheddar Burger with Caramelized Onions 1/2 cup broccoli, red bliss potatoes 2oz WW hamburger roll ½ cup pears</p>	<p>31</p> <p>GARDEN SALAD W CHICKEN ½ chopped fresh tomato, carrots, cucumbers 1 TBSP FF thousand island drs ½ cup Corn and Black bean salad 1 sl WW bread Chocolate Chip Cookie</p>	