

BENJAMIN H. WILSON SENIOR CENTER
215.672.8380

Lunch Menu - 11:45am

A \$2.00 Donation is Requested



April



1% Milk will be included

Monday

Tuesday

Wednesday

Thursday

		<p align="center">Turkey Hoagie 1/2c Three Bean Salad 1/2c. Potato Salad Club Roll, Lettuce, Tomato, Onion Fresh Orange</p> <p align="right">1</p>	<p align="center">Glazed Ham & Pineapple Sauce 1/2 cup Corn Pudding 1/2 cup Winter Blend Dinner Roll Apple Pie</p> <p align="right">2</p>
<p align="center">BBQ Pork Ribette 1/2c Smashed Sweet Potatoes 1/2c Island Blend Veggies WW Roll, Margarine 1/2c Pineapples</p> <p align="right">6</p>	<p align="center">Chicken Cordon Blue 1/2c Rosemary Red Potatoes 1/2c Brussel Sprouts WW Bread, Margarine Fresh Plum</p> <p align="right">7</p>	<p align="center">Tuna Salad Platter 1/2c. Cold Couscous Salad 1/2 cup Marinated Cucumber Salad Mini Bagel Fresh Orange</p> <p align="right">8</p>	<p align="center">No Lunch Senior Expo 1 to 3 pm</p> <p align="right">9</p>
<p align="center">Cheese Omelet & French Toast 1/2c Cinnamon Sweet Carrots 1/2c. Raisin, Apple, Pear Compote WW Bread, Margarine 1/2c Mandarin Oranges</p> <p align="right">13</p>	<p align="center">Lemon-Caper Chicken Picatta 1/2c Honey Glazed Beets 1/2c. Brown Rice W Peppers WW Roll, Margarine Fresh Peach</p> <p align="right">14</p>	<p align="center">Lunch & Learn</p> <p align="right">15</p>	<p align="center">Cheeseburger 1/2 cup Potato Wedges 1/2c. Broccoli & Carrots WW Hamburger Roll 1/2 cup Pudding</p> <p align="right">16</p>
<p align="center">Breaded Chicken Strips 1/2c Potato Wedges 1/2c Fire Roasted Veggie Mix WW Bread, Margarine Fresh Apple</p> <p align="right">20</p>	<p align="center">Sweet & Sour Turkey Meatballs 1/2c Brown Rice W Peppers 1/2c Mixed Veggies Pumpnickel Bread, Margarine 1/2 cup Pineapples</p> <p align="right">21</p>	<p align="center">Turkey & Munster Sandwich WW Hamburger Roll, Mustard, L&T 1/2 c Three Bean Salad 1/2 cup Applesauce Sweet Muffin</p> <p align="right">22</p>	<p align="center">Sunday Roasted Chicken 1/2 c Green Beans 1/2c. Mashed sweet Potatoes WW Bread, Margarine Fresh Orange</p> <p align="right">23</p>
<p align="center">Pasta & Meatballs 1/2 cup Penne W Sauce 1/2c. Broccoli, Carrots, Cauliflower WW Bread W Margarine 1/2 cup Peaches</p> <p align="right">27</p>	<p align="center">Glazed Pineapple Chicken 1/2 cup Green Beans 1/2c. Brown Rice W Peppers WW Bread W Margarine Fresh Plum</p> <p align="right">28</p>	<p align="center">Chef Salad-Swiss, RB & Turkey Ham 1/2 cup Tomato & Onion Salad 1/2 cup Potato Salad WW Roll, Margarine 1/2 cup Mandarin Oranges</p> <p align="right">29</p>	<p align="center">Cheese Lasagna 1/2 cup Spinach & Carrots 1/2 cup Corn & Zucchini Fresh Orange</p> <p align="right">30</p>