

# BENJAMIN H. WILSON SENIOR ACTIVITY CENTER

215.672.8380

## LUNCH MENU - 11:45am

SUGGESTED MEAL DONATION - \$2



June



1% MILK WILL BE INCLUDED  
WITH ALL MEALS

THE CENTER IS CLOSED ON FRIDAYS

### Monday

### Tuesday

### Wednesday

### Thursday

<p><b>1</b></p> <p><b>Egg &amp; Turkey Sausage</b> 1/2 Cup Home Fries 1/2 Cup Scalloped Apples Mini Bagel, Margarine Fresh Orange</p>	<p><b>2</b></p> <p><b>Crab Cake &amp; Mac &amp; Cheese</b> 1/2 cup Stewed Tomatoes 1/2 cup Spinach &amp; Carrots WW Bread, Margarine 1/2 cup Applesauce</p>	<p><b>3</b></p> <p><b>Chicken Salad</b> 1/2 cup Marinated Cucumber Salad 1/2 cup Macaroni Salad 1/2 WW Pita 1/2 cup Fruit Cocktail</p>	<p><b>4</b></p> <p><b>BBQ Pork Ribette</b> 1/2 cup Mashed Sweet Potatoes 1/2 cup Island Blend Veggies WW Roll, Margarine 1/2 cup Pineapples</p>
<p><b>8</b></p> <p><b>Baked Tilapia W Mustard Cream Sauce</b> 1/2 cup Rice Pilaf 1/2 cup Oriental Blend Veggies WW Roll, Margarine 1/2 Cup Applesauce</p>	<p><b>9</b></p> <p><b>Cheese Burger</b> 1/2 Broccoli &amp; Carrots 1/2 cup Potato Wedges WW Hamburger Bun 1/2 cup Pudding</p>	<p><b>10</b></p> <p><b>Turkey Hoagie</b> Lettuce, Totato, Onion 1/2 cup Three Bean Salad 1/2 cup Potato Salad Fresh Orange</p>	<p><b>11</b></p> <p><b>Cheese Omelet &amp; French Toast</b> 1/2 cup Cinnamon Sweet Carrots 1/2 cup Apple, Pear, &amp; Raisin Compote WW Bread, Margarine 1/2 cup Mandarin Oranges</p>
<p><b>15</b></p> <p><b>Closed</b> Flag Day Observed</p>	<p><b>16</b></p> <p><b>Sliced Beef W Au Jus</b> 1/2 cup Parslied Potaotes 1/2 cup Island Blend Veggies WW Roll, Margarine 1/2 cup Fruit Cocktail</p>	<p><b>17</b></p> <p><b>Lunch &amp; Learn</b></p>	<p><b>18</b></p> <p><b>Baked Chicken Leg W Gravy</b> ½ cup Baked Mac &amp; Cheese ½ cup Collard Greens Dinner Roll; Tossed Salad/ French Drsg Chocolate Cake</p>
<p><b>22</b></p> <p><b>Stuffed Baked Tilapia</b> 1/2 cup Garlic Spinach &amp; Carrots 1/2 cupo Herb Roasted Potatoes WW Bread, Margarine 1/2 cup Mandarin Oranges</p>	<p><b>23</b></p> <p><b>Cheese Lasagna</b> 1/2 cup Garlic Spinach &amp; Carrots 1/2 cup Corn &amp; Zucchini Fresh Orange</p>	<p><b>24</b></p> <p><b>Grilled Chicken Salad</b> 1/2 cup Corn, Black Bean &amp; Tomato Salad 1/2 cup Marinated Broccoli Salad WW Bread Sweet Muffin</p>	<p><b>25</b></p> <p><b>Pasta &amp; Meatballs</b> 1/2 cup Penne W Sauce 1/2 cup Broccoli, Cauliflower, &amp; Carrots WW Bread, Margarine 1/2 cup Peaches</p>
<p><b>29</b></p> <p><b>Crab Cake &amp; Mac &amp; Cheese</b> 1/2 cup Stewed Tomatoes 1/2 cup Spinach &amp; Carrots WW Bread, Margarine 1/2 cup Applesauce</p>	<p><b>30</b></p> <p><b>Salisbury Steak W Tomato Beef Gravy</b> 1/2 cup Carrots 1/2 cup Whipped Potatoes WW Bread, Margarine Chocolate Chip Cookie</p>		