

BENJAMIN H. WILSON SENIOR CENTER
215.672.8380

A \$2.00 Donation Is Requested

Lunch Menu - 11:45am



JULY




Monday

Tuesday

Wednesday

Thursday

 6		1	2
Lemon-Caper Chicken Picatta 1/2c Honey Glazed Beets 1/2c. Confetti Brown Rice (Peppers) WW Roll W Margarine Fresh Fruit	7	Rainbow Cobb Salad 1/2c. Summer Salad 1/2 c. Macaroni Salad WW Bread, Margarine 1/2c. Pineapples	Chicken Cordon Blue 1/2c Brussel Sprouts 1/2c Rosemary Red Bliss Potatoes WW Bread, Margarine Fresh Fruit
13	Picnic	8	9
Philly Cheeseburger 1/2 cup Potato Wedges 1/2c. Green Beans WW Hamburger Roll 1/2 cup Peaches	Tuscan Sundried Tomato & Spinach Breakfast 1/2c Herb Roasted Potatoes 1/2c. Zucchini, Corn & Onions Rye Bread, Margarine Fresh Orange	Dijon Turkey & Swiss Wrap Leaf Lettuce 1/2 cup Cole Slaw 1/2 cup Pineapples Graham Crackers	Eggplant Parmesan 1/2c. Brussel Sprouts 1/2 c Rotini With Sauce Fresh Fruit
20	14	15	16
Sweet & Sour Chicken 1/2c Brown Rice 1/2c Oriental Veggies WW Bread, Margarine Fresh Fruit	Roast Pork With French Onion Gravy 1/2c Roasted Potatoes 1/2c Green Beans WW Roll, Margarine 1/2 Cup Applesauce	Roast Beef Special Wrap 1/2c Cole Slaw 1/2 c Dill Cucumber Salad FF Thousand Island Dressing 1/2 cup Pudding	Grilled Chicken & Bacon Mac & Cheese 1/2 cup Stewed Tomatoes 1/2c. Green Beans WW Bread, Margarine 1/2 cup Mandarin Oranges
27	21	22	23
Cheese Lasagna 1/2c. Garlic Spinach & Carrots 1/2c. Corn & Zucchini Fresh Fruit	Orange Glazed Chicken 1/2c. Brussel Sprouts 1/2c. Roasted Potatoes WW Bread, Margarine 1/2 cup Fruit Cocktail	Spinach Salad With Turkey 1/2 cup Carrot Raisin Salad 1/2 cup Pineapples WW Bread, Margarine Oatmeal Cookie	Turkey Alfredo 1/2 cup Mixed Vegetables 1/2c. Warm Spiced Pears WW Bread, Margarine 1/2 Cup Pineapples
28	29	30	
		Chicken Salad Plate 1/2c. Cabbage, Carrots & Peppers 1/2c. Tropical Fruit Salad WW Roll, Margarine Fresh Fruit	Crabcake & Mac & Cheese 1/2c. Scalloped Tomatoes 1/2c. Broccoli, Carrot & Cauliflower Sweet Muffin