

BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

A \$2.00 Donation is Requested



Monday

Tuesday

Wednesday

Thursday

Beef Ragout W Egg Noodles 1/2 cup Peas 1/2 cup Carrots WW Bread W Margarine 1/2 Cup Mandarin Oranges	Shrimp Scampi With Penne 1/2 cup Broccoli & Carrots 1/2 cup Mixed Vegetables WW Bread W Margarine Graham Crackers	Roast Beef Caesar Salad 1/2 cup Mediterranean Chick Pea Salad 1/2c Marinated Carrot Salad WW Roll, Margarine Fresh Fruit	Turkey With Citrus Thyme Gravy 1/2c Mashed Potatoes 1/2c. Green Beans WW Roll, Margarine 1/2 cup Applesauce
Sundried Tomato & Spinach Breakfast 1/2 cup Herb Roasted Potatoes 1/2 c. Zucchini, Corn & Onions WW Roll W Margarine Fresh Orange	Ravioli With Red Pepper Sauce 1/2c Spinach & Carrots 1/2 cup Warm Apples 1/2 cup Pudding	Lunch & Learn	Roast Beef W Mushroom Gravy 1/2 cup Roasted Potatoes 1/2 c Broccoli, Cauliflower & Carrots WW Roll, Margarine Fresh Fruit
Roast Pork With French Onion Gravy 1/2 cup Brussal Sprouts 1/2c Roasted Potatoes WW Roll W Margarine 1/2 cup Applesauce	Sweet Tomato Glazed Meatloaf 1/2 cup Mashed Potatoes 1/2 cup Peas WW Bread, Margarine Oatmeal Cookie	Egg Salad Platter 1/2 Cup Summer Salad 1/2 Cup Potato Salad WW Roll, Margarine 1/2 cup Pineapples	Crispy Cheese & Potato Crusted Cod 1/2 cup Sweet Potatoe Cubes 1/2c. Island Blend WW Bread, Margarine Fresh Fruit
Orange Glazed Chicken 1/2 Cup Brussel Sprouts 1/2 cup Mixed Vegetables WW Bread W Margarine 1/2 Cup Fruit Cocktail	Salisbury Steak 1/2c Green Beans 1/2c Whipped Potatoes WW Roll, Margarine Fresh Fruit	Deli Sandwich, Turkey & Turkey Ham Lettuce & Tomato & Hamburger Bun 1/2 Cup Coleslaw 1/2 Cup 3 Bean Salad Sweet Muffin	Korean BBQ Beef 1/2 Cup Brown Rice 1/2c Oriental Veggie Mix WW Bread, Margarine 1/2 Cup Pears
Shrimp Scampi With Penne 1/2 cup Broccoli & Carrots 1/2 cup Mixed Vegetables WW Bread W Margarine Graham Crackers			