

BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

A \$2.00 Donation is Requested



Monday

Tuesday

Wednesday

Thursday

	Eggplant Parmesan 1/2 cup Brussel Sprouts 1/2 cup Rotini with Sauce Fresh Fruit	Tuna & Cucumber Salad Plate 1/2c Broccoli Salad W Craisins 1/2 cup Tricolor Pasta WW Roll, 1 Pkt Saltines 1/2cup Applesauce	Lemon Caper Chicken Piccata 1/2 cup Honey Glazed Beets 1/2 cup Brown Rice W Peppers WW Roll, Margarine Fresh Fruit
CLOSED	Chicken Bacon Mac & Cheese 1/2c Stewed Tomatoes 1/2c Green Beans WW Bread, Margarine 1/2 cup Mandarin Oranges	Seafood Salad & Cheese Plate 1/2c. Dill Cucumber Salad 1/2c Corn & Pepper Black Bean Salad WW Roll, Margarine Fresh Fruit	Philly Cheese Burger 1/2c. Green Beans 1/2 c Potatoes WW Hamburger Bun 1/2 cup Peaches
Sweet Tomato Glazed Meatloaf 1/2 cup Mashed Potatoes 1/2c Peas WW Bread, Margarine Oatmeal Cookie	Turkey Alfredo 1/2 cup Mixed Vegetables 1/2 cup Spiced Pears WW Bread, Margarine 1/2 cup Pineapples	Lunch & Learn	Sweet & Sour Chicken 1/2 cup Oriental Blend Vegetables 1/2c. Brown Rice WW Bread, Margarine Fresh Fruit
Salisbury Steak 1/2 cup Green Beans 1/2 cup Whipped Potatoes WW Roll, Margarine Fresh Fruit	Crabcake & Mac and Cheese 1/2c Scalloped Tomatoes 1/2c Broccoli, Carrots & Cauliflower WW Bread, Margarine Sweet Muffin	Rainbow Cobb Salad 1/2 cup Summer Salad 1/2 cup Macaroni Salad WW Bread, Margarine 1/2 cup Pears	Cheese Lasagna 1/2 c Garlic Spinach With Carrots 1/2c Corn & Zucchini Fresh Fruit
Eggplant Parmesan 1/2 cup Brussel Sprouts 1/2 cup Rotini with Sauce Fresh Fruit	Turkey W Citrus Thyme Gravy 1/2 cup Mashed Potatoes 1/2 cup Green Beans WW Roll, Margarine 1/2cup Applesauce	Egg Salad Plate 1/2 cup Summer Salad 1/2 cup Potato Salad WW Roll, Margarine Fresh Fruit	