

BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

A \$2.00 Donation is Requested



October



Monday

Tuesday

Wednesday

Thursday

			Beef Ragout over Buttered Noodles 1/2c Peas 1/2c. Carrots WW Bread, Margarine 1/2c. Mandarin Oranges
Chicken Bacon Mac And Cheese 1/2c. Stewed Tomatoes 1/2 c.Green Beans WW Bread, Margarine 1/2c. Mandarin Oranges	Roast Beef With Mushroom Gravy 1/2 cup Roasted Potatoes 1/2c Brocc, Cauliflower, Carrots WW Roll, Margarine Fresh Fruit	Chicken Salad Plate 1/2c. Carrots, Cabbage & Peppers 1/2c Tropical Fruit Salad WW Roll; Margarine 1/2 cup Peaches	Ham, Cheddar & Broccoli Omelet 1/2c. Stewed Tomatoes 1/2 c Hash Brown Potatoes WW Bread, Margarine Fresh Orange
CLOSED	Crispy Cheese and Potato Crusted Cod 1/2c Sweet Potato Cubes 1/2c. Island Blend WW Bread W Margarine Fresh Fruit	Roast Beef Caesar Salad 1/2 c. Mediterranean Chickpea Salad 1/2 cup Marinated Carrot Salad WW Roll; Margarine Fresh Fruit	Roast Pork with Onion Gravy 1/2 c Roasted Potatoes 1/2c. Green Beans WW Roll; Margarine 1/2 cup Applesauce
Crab Cake & Mac and Cheese 1/2 Cup Scalloped Tomatoes 1/2 c Brocc, Cauliflower, Carrots WW Bread, Margarine Sweet Muffin	Korean Beef 1/2c Brown Rice 1/2c Oriental Blend WW Bread W Margarine 1/2 Cup Pears	Crunchy Chinese Chicken Salad 1/2c Asian Pasta Salad 1/2 c Mandarin Oranges WW Roll; Margarine Fresh Orange	BBQ Chicken Thigh 1/2 c Brussel Sprouts 1/2c.Sweet Corn WW Roll; Margarine 1/2 cup Fruit Cocktail
Turkey with Citrus Thyme Gravy 1/2c Mashed Potatoes 1/2 c Brocc, Cauliflour, Carrots WW Roll; Margarine 1/2 Cup Applesauce	Lemon Caper Chicken Picatta 1/2c. Honey Glazed Beets 1/2c. Brown Rice With Peppers WW Roll, Margarine Fresh Fruit	Honey BBQ Chicken Ranch Salad Romaine Lettuce 1/2c. Southern Garden Medley WW Roll, Margarine 1/ cup Mandarin Oranges	Shrimp Scampi 1/2c. Broccoli & Carrots 1/2c. Mixed Vegetables WW Bread, Margarine Graham Crackers