BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

A $2.00 Donation is Requested



November



Monday	Tuesday	Wednesday	Thursday
2 **Roast Beef With Mushroom Gravy** 1/2 cup Roasted Potatoes 1/2 c Brocc, Cauliflour, Carrots WW Roll W Margarine Fresh Fruit	**3** CLOSED **Election Day**	**4** **Turkey Ham & Cheese Hoagie** Lettuce, Tomato, Onion 1/2 cup Potato Salad 1/2 cup 3 Bean Salad Fresh Orange	**5** **Ravioli with Roasted Red Pepper Sauce** 1/2c Spinach & Diced Carrots 1/2c. Warm Apples 1/2 cup Pudding
9 **Crispy Cheese & Potato Crusted Cod** 1/2 c Sweet Potato Cubes 1/2 c. Island Blend Veggies WW Bread, Margarine Fresh Fruit	**10** **Grilled Chicken Parmesan** 1/2c Rotini with Sauce 1/2c Rosemary Red Potatoes WW Bread, Margarine Fresh Fruit	**11** CLOSED VETERANS DAY	**12** **Sweet Tomato Glazed Meatloaf** 1/2c. Mashed Potatoes 1/2 c Peas WW Bread, Margarine Oatmeal Cookie
16 **Korean Beef** 1/2c Brown Rice 1/2 c Oriental Vegetables WW Bread, Margarine 1/2 c Pears	**17** **Cheese Lasagna** 1/2 cup Garlic Spinach w Carrots 1/2c. Corn & Zucchini Fresh Orange	**18** **Pasta Salad With Chicken** 1/2 cup Chickpea Salad WW Bread; Margarine 1/2 cup Fruit Cocktail	**19** **Sliced Turkey & Gravy W Stuffing** 1/2 cup Mashed Sweet Potatoes 1/2c. Green Bean Almondine White Roll, Cranberry Sauce Pumpkin Pie
23 **Lemon Caper Chicken Piccata** 1/2 Cup Honey Glazed Beets 1/2 cup Brown Rice with Peppers WW Roll W Margarine Fresh Fruit	**24** **Beef Ragout over Egg Noodles** 1/2 cup Peas 1/2c Carrots WW Bread, Margarine 1/2 Cup Mandarin Oranges	**25** **Dijon Turkey & Swiss Wrap** Leaf Lettuce 1/2 cup Cole Slaw 1/2 cup Pineapples Graham Crackers	**26** CLOSED THANKSGIVING
30 **Philly Cheeseburger** 1/2c Green Beans 1/2 c Potatoes WW Hamburger Bun 1/2 Cup Peaches			