BENJAMIN H. WILSON SENIOR CENTER

215.672.8380

Lunch Menu - 11:45am

A $2.00 Donation is Requested



December



Monday	Tuesday	Wednesday	Thursday
	1 **Ham, Cheddar & Broccoli Omelet** 1/2 c Stewed Tomatoes 1/2 c Hashbrown Potatoes WW Bread, Margarine Fresh Oranges	**2** **Roast Beef Special Wrap** 1/2 c Cole Slaw 1/2 cup Dill Marinated Cucumber Salad 1,000 Island Dressing 1/2 cup Pudding	**3** **Chicken Bacon Mac & Cheese** 1/2c Stewed Tomatoes 1/2c. Green Beans WW Bread, Margarine 1/2 cup Mandarin Oranges
7 **Grilled Chicken Parmesan** 1/2c. Rotini with Sauce 1/2 c. Garlic Spinach & Carrots WW Bread, Margarine Fresh Fruit	**8** **Pork Loin with French Onion Gravy** 1/2c Roasted Potatoes 1/2c Green Beans WW Roll, Margarine 1/2 c Applesauce	**9** **Spinach Salad With Turkey** 1/2c.Carrot Raisin Salad 1/2c Pineapples WW Bread, Margarine Oatmeal Cookie	**10** **Turkey Alfredo** 1/2c. Mixed Vegetables 1/2 c Spiced Pears WW Bread, Margarine 1/2 cup Pineapples
14 **Holiday Party**	**15** **BBQ Chicken Thigh** 1/2c Brussel Spouts 1/2c. Sweet Corn WW Roll, Margarine 1/2 c Fruit Cocktail	**16** **Chicken Salad Plate** 1/2 c. Cabbage, Carrot & Peppern Salad 1/2 cup Tropical Fruit Salad WW Roll, Margarine Fresh Fruit	**17** **Glazed Ham** 1/2 cup Candied Sweet Potatoes 1/2c. Green Beans Dinner Roll Specialty Holiday Dessert
21 **Beef Ragout over Egg Noodles** 1/2 Cup Peas 1/2 cup Carrots WW Bread, Margarine 1/2 cup Mandarin Oranges	**22** **Shrimp Scampi** 1/2c Broccoli & Carrots 1/2c Mixed Vegetables WW Bread, Margarine Graham Crackers	**23** **Roast Beef & Cheese Salad** 1/2 c. Mediterranean Chickpea Salad 1/2 c Marinated Carrot Salad WW Roll, Margarine Fresh Fruit	**24** **Closed** Christmas Eve
28 **Ham, Cheddar & Broccoli Omelet** 1/2c Stewed Tomatoes 1/2 c Hashbrowns WW Bread, Margarine Fresh Orange	**29** **Ravioli W Roasted Red Pepper Sauce** 1/2c. Spinach & Diced Carrots 1/2c. Warm Apples 1/2 cup Pudding	**30** **Crunchy Chinese Chicken Salad** 1/2c. Mandarin Oranges 1/2c. Asian Pasta Salad WW Roll, Margarine Fresh Orange	**31** **Closed** New Year's Eve