

GHN PSS

Grab and Go Menu

October 2020

Reserve your lunch by calling 215-256-6900.
Reservations are required and must be placed by 12 Noon on the Friday of the previous week. Lunch pick-up at Encore Experiences Monday - Friday from 11:30am to 12:30pm under the portico.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	2 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
5 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	6 Grilled Cheese Tomato Soup Mixed Vegetables Apple 1% Milk	7 Sausage with Peppers and Onions Roasted Peppers Snap Peas Apple 1% Milk	8 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	9 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
12 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	13 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	14 Asian Pork Loin Herb Rice, Corn Roll and Butter Mandarin Oranges 1% Milk	15 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	16 Grilled Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
19 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	20 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	21 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	22 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	23 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
26 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	27 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	28 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	29 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	30 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk