

# GHN PSS

## Grab and Go Menu

# September 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
	<b>1</b> Baked Mac & Cheese Stewed Tomatoes Green Beans 1% Milk	<b>2</b> Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	<b>3</b> Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	<b>4</b> Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
<b>7</b> <b>CLOSED</b> <b>Labor Day</b>	<b>8</b> Grilled Cheese Tomato Soup Mixed Vegetables Apple 1% Milk	<b>9</b> Sausage with Peppers and Onions Roasted Peppers Snap Peas Apple 1% Milk	<b>10</b> Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	<b>11</b> Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
<b>14</b> Asian Pork Loin Herb Rice, Corn Roll and Butter Mandarin Oranges 1% Milk	<b>15</b> Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	<b>16</b> Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	<b>17</b> Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	<b>18</b> Grilled Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
<b>21</b> Low Carb Beef Stew Roll and Butter Peaches 1% Milk	<b>22</b> Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	<b>23</b> Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk	<b>24</b> Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	<b>25</b> Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk
<b>28</b> Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	<b>29</b> Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	<b>30</b> Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk		