## **ENCORE EXPERIENCES**

## Grab and Go Lunch Menu

## February 2022

Reserve your lunch by calling 215-256-6900.

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| Feb. 14 2022 Happy Valentine's Day  | <b>1</b><br>Grilled Salmon<br>Citrus Salad<br>Wild Rice<br>1% Milk                        | Sloppy Joe Sandwich<br>Carolina Cole Slaw<br>Mixed Fruit<br>1% Milk | French Dip<br>Sweet Potato Fries<br>1% Milk                                      | 4<br>Grilled Chicken<br>Caeser Salad<br>Fruit Salad<br>Roll<br>1% Milk                 |
| 7<br>Crab Cake with<br>Lettuce and Tomato<br>on Mixed Grain Bun<br>Fresh Fruit<br>1% Milk | 8<br>Meatloaf with<br>Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>Roll<br>1% Milk | <b>9</b> Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk        | Baked Haddock<br>Roasted Tomatoes<br>Mac and Cheese<br>Sliced Peaches<br>1% Milk | Grilled Chicken Spinach with Onions, Feta, Candied Pecans and Cranberries Roll 1% Milk |
| Fish and Fries Cole Slaw 1% Milk  Happy Valentine's Day!                                  | Swedish Meatballs<br>Steamed Broccoli<br>Whole Grain<br>Noodles<br>1% Milk                | Pulled Pork Stuffed Sweet Potato Green Salad 1% Milk                | BLT Quiche<br>Green Salad<br>Fresh Melon<br>1% Milk                              | 18<br>Chicken Pot Pie<br>Green Salad<br>1% Milk  |
| <b>21</b> Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk                         | <b>22</b> Baked Eggplant Parmesan Green Salad Roll 1% Milk                                | 23 Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk            | 24  Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk                  | Taco Salad<br>Corn Chips<br>Pineapple<br>1% Milk                                       |
| Pierogies with Onions and Mushrooms Green Salad 1% Milk                                   | Meatloaf  | Sloppy Joe  | Vegetable Chili  | Grilled Salmon   |