

ENCORE EXPERIENCES

# Grab and Go Lunch Menu

# January 2022

Reserve your lunch by calling 215-256-6900.

**NEW MENU FOR 2022!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pierogies with Onions and Mushrooms Green Salad 1% Milk	<b>4</b> Grilled Salmon Citrus Salad Wild Rice 1% Milk	<b>5</b> Sloppy Joe Sandwich Carolina Cole Slaw Mixed Fruit 1% Milk	<b>6</b> French Dip Sweet Potato Fries 1% Milk	<b>7</b> Grilled Chicken Caesar Salad Fruit Salad Roll 1% Milk
<b>10</b> Crab Cake with Lettuce and Tomato on Mixed Grain Bun Fresh Fruit 1% Milk	<b>11</b> Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Roll 1% Milk	<b>12</b> Grilled Cheese Tomato Soup Mandarin Oranges 1% Milk	<b>13</b> Baked Haddock Roasted Tomatoes Mac and Cheese Sliced Peaches 1% Milk	<b>14</b> Grilled Chicken Spinach with Onions, Feta, Candied Pecans and Cranberries Roll 1% Milk
<b>17</b> Chicken Pot Pie Green Salad 1% Milk	<b>18</b> Swedish Meatballs Steamed Broccoli Whole Grain Noodles 1% Milk	<b>19</b> Pulled Pork Stuffed Sweet Potatoes Green Salad 1% Milk	<b>20</b> BLT Quiche Green Salad Fresh Melon 1% Milk	<b>21</b> Fish and Fries Cole Slaw 1% Milk
<b>24</b> Taco Salad Corn Chips Pineapple 1% Milk	<b>25</b> Baked Eggplant Parmesan Green Salad Roll 1% Milk	<b>26</b> Pineapple Chicken Steamed Broccoli Brown Rice 1% Milk	<b>27</b> Vegetable Chili with Corn Bread Topping Mixed Fruit 1% Milk	<b>28</b> Open Face Tuna Melt on Rye Bread Vegetable Soup 1% Milk
<b>31</b> Pierogies with Onions and Mushrooms Green Salad 1% Milk	<b>French Dip</b> 	 <b>BLT Quiche</b>	<b>Crab Cake Sandwich</b> 	 <b>Swedish Meatballs</b>