

GHN PSS

Lunch Menu

October 2021

Reserve your lunch by calling 215-256-6900.
Reservations are required on Friday by Noon for the following week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Special Lunch Oct. 5 Penne Alfredo with Chicken and Broccoli Roll and Butter Fresh Baked Cookie and 1% Milk	1 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
4 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	5 Special Lunch <i>(Standard Donation)</i> Penne Alfredo with Chicken and Broccoli Roll and Butter Fresh Baked Cookie 1% Milk	6 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	7 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	8 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
11 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	12 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	13 Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk	14 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	15 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
18 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	19 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	20 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	21 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	22 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
25 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	26 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	27 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	28 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	29 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk