

October 2023 Lunch Menu

Reserve your lunch by calling 215-362-7432. Lunch is served from 11:30am to 12:30pm in the dining room. There is a suggested donation of \$2 for lunch. Take-out lunches are \$4.
(Menu is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken Madras with Orzo with Peas Zucchini with Tomatoes Yellow Squash 1% Milk</p>	<p>3</p> <p>Open Faced Turkey Burger with Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk</p>	<p>4</p> <p>Vegetable Lasagna Pesto Cauliflower Roasted Potatoes with Rosemary Fudge Round 1% Milk</p>	<p>5</p> <p>Chicken Sausage Pears Collard Greens Mini Waffle Syrup 1% Milk</p>	<p>6</p> <p>Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts 1% Milk</p>
<p>9</p> <p>Roasted Herb Chicken with Bean Casserole Broccoli with Cheese Sauce Quinoa Pilaf with Riced Vegetables 1% Milk</p>	<p>10</p> <p>Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Fudge Cookie 1% Milk</p>	<p>11</p> <p>Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas 1% Milk</p>	<p>12</p> <p>SPECIAL LUNCH Chicken Burritos with Guacamole Chips Tres Leches Cake</p>	<p>13</p> <p>Turkey Thyme Risotto Steamed Carrots Broccoli 1% Milk</p>
<p>16</p> <p>Chickpea Curry Stew with Brown Rice Peas and Confetti Vegetables Apple Cobbler 1% Milk</p>	<p>17</p> <p>Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Orange 1% Milk</p>	<p>18</p> <p>Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans 1% Milk</p>	<p>19</p> <p>Swedish Meatballs over Noodles Peas Applesauce 1% Milk</p>	<p>20</p> <p>Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheese Sauce Peach Cobbler 1% Milk</p>
<p>23</p> <p>Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler 1% Milk</p>	<p>24</p> <p>Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk</p>	<p>25</p> <p>Gingered Mustard Pork Brussel Sprouts Sweet Potatoes Oatmeal Cookie 1% Milk</p>	<p>26</p> <p>General Tso Chicken with Fried Rice Broccoli Confetti Vegetables with Dumpling 1% Milk</p>	<p>27</p> <p>Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk</p>
<p>30</p> <p>Chicken Madras with Orzo with Peas Zucchini with Tomatoes Yellow Squash 1% Milk</p>	<p>31</p> <p>Open Faced Turkey Burger with Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk</p>			