The AND	12:30pm in the dining room. There is a suggested donation of \$2 for lunch for			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME	025	Closed for New Year's Day	Beef Stroganoff with Egg Noodles Mixed Vegetables Peach Crumble Milk 2	French Toast Sticks Scrambled Eggs with Cheese Peaches with Granola Milk 3
Optional: Lunch & Movie! Chicken Burger with Roasted Peppers and Provolone Wild & Brown Rice Pilaf Steamed Broccoli Milk	Pasta with Meatballs Peas Poached Pear Milk 7	Beef Stew Roasted Potatoes Peach Crumble Milk 8	Pork Pozole (Mexican Stew) Rice Capri Vegetables Milk 9	Korean Beef Bulgogi White Rice Spinach Milk 10
Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Milk 13	Three Bean Chilli with Bulgur Wheat Confetti & Pea Vegetable Apple Crumble Milk 14	Birthday Lunch COLD MEAL Asian Sesame Slaw Grilled Chicken Peaches Milk 15	Turkey with Gravy Glazed Sweet Potatoes Green Beans Milk 16	Sweet Italian Sausage Roasted Potatoes Steamed Peas Milk 17
COLD MEAL Tuna Salad with Lettuce Grape Tomatoes Garden Pea Confetti Salad Cheddar Cheese Cubes Milk 20		Swedish Meatballs with Egg Noodles Peas Poached Pear Milk 22	Philly Roast Pork Sandwich Cauliflower Peach Crumble Milk 23	Chicken Pot Pie Cauliflower Apple Crumble Milk 24
Special Lunch w/Mummers Cheeseburger Fries Coleslaw Cookie Milk 27	BBQ Pulled Pork Sandwich Cauliflower Sweet Potatoes Milk 28	Carribean Flounder Dirty Rice Steamed Carrots Steamed Broccoli Milk 29	Beef Stroganoff with Egg Noodles Mixed Vegetables Peach Crumble Milk 30	White Chicken Chilli Brown Rice Roasted Zucchini Stewed Tomatoes Milk 31

The PEAK Center • 606 E Main Street, Ste. 1003, Lansdale , PA 19446 • 215-362-7432 www.ghnpss.org

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