

# September 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
				1 Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk
4 <b>CLOSED</b> Labor Day	5 Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk	6 Open Faced Turkey Burger with Roasted Corn and Mango Salsa Wild & Brown Rice Pilaf Broccoli Whole Fresh Fruit 1% Milk	7 Chicken Sausage Pears Collard Greens Mini Waffle Syrup 1% Milk	8 Calypso Flounder with Jamaican Cabbage Steamed Carrots Brussel Sprouts 1% Milk
11 Roasted Herb Chicken with Beans and Sun Dried Tomatoes Broccoli with Cheese Sauce Mixed Vegetables 1% Milk	12 Meatloaf with Gravy Mashed Potatoes California Vegetables Fudge Cookie 1% Milk	13 Sweet Italian Sausage Roasted Potatoes with Rosemary Steamed Peas 1% Milk	14 Eggplant Parmesan Steamed Green Beans with Carrots Cinnamon Peaches 1% Milk	15 Turkey Thyme Risotto Steamed Carrots Broccoli 1% Milk
18 Chickpea Curry Stew with Brown Rice Peas and Confetti Vegetables Apple Cobbler 1% Milk	19 Herbed Chicken with Tomato Coulis over Polenta Broccoli Poached Pear Orange 1% Milk	20 Cheese Stuffed Shells with Tomato Basil Sauce Steamed Carrots Steamed Green Beans 1% Milk	21 Swedish Meatballs over Noodles Peas Applesauce 1% Milk	22 Roast Pork Au Jus with White Beans and Spinach Cauliflower with Cheese Sauce Peach Cobbler 1% Milk
25 Roasted Tilapia with Lemon over Rice Capri Vegetables Apple Cobbler 1% Milk	26 Baked Mac & Cheese Stewed Tomato Green Beans Whole Fresh Fruit 1% Milk	27 <b>SPECIAL LUNCH</b> French Dip Au Jus Roast Beef Sandwich with Provolone Green Beans Almondine Mashed Potatoes with Jus Sweet Potato Pie with Whipped Cream (Cost \$10)	28 General Tso Chicken with Fried Rice Broccoli Confetti Vegetables with Dumpling 1% Milk	29 Beef Stroganoff with Egg Noodles Mixed Vegetables Applesauce 1% Milk