



517 Jefferson St., East Greenville
 The Center: 215.679.6550
 Main Office: 215.679.4112

For adults 60 years old & over, Contributions are encouraged, but not required. (Under 60=\$4.85 or see staff)








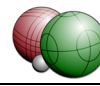


Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea



Monday - Friday
 Served at 12 pm

RSVP by 11 am, Doors open 11:30 (Earlier RSVPs for special meals)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples 	2 Garlic Dijon Chicken Thighs Honey Whipped Sweet Potatoes Collard Greens	3 Picnic Lunch: Hot Dog Baked Beans Corn	4 	5 Chicken Fingers Seasoned Potato Wedges Roasted Carrots
8 Lemon Pepper Fish Brown Rice Green Beans & Carrots 	9 Salisbury Steak w/ Mushrooms Broccoli w/ Red Pepper Roasted Potatoes	10 Teriyaki Pork Oriental Blend Veggies Fried Brown Rice	11 Lasagna Rollup Peas Cauliflower	12  Swiss & Ham Omelet Sautéed Spinach w/ Carrots Hashbrowns
15 Chicken Florentine Bowties Peas & Carrots	16 Crab Cake w/ Mac & Cheese Carrots & Peas Cauliflower	17 Southwest Chicken Thigh Salsa Rice & Black Beans Corn w/ Peppers	18  Rigatoni w/ Meat Sauce Peas Warm Spiced Peaches	19  Sliced Turkey w/ Roasted Garlic Gravy & Onions Whipped Sweet Potatoes Brussels Sprouts
22 Sweet & Sour Chicken Broccoli & Carrots Brown Rice	 23 Lemon & Capers Baked Fish Carrot Coins Buttered Wide Noodles	 24 Pesto Grilled Chicken Garlic Spinach & Carrots Rotini Pasta	25 Special Lunch Christmas in July Baked Ham w/ all the fixin's	26 Sliced BBQ Beef Sweet Corn w/ Peppers Collard Greens 
29 Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples	30 Garlic Dijon Chicken Thighs Honey Whipped Sweet Potatoes Collard Greens	 31 Meatballs w/ Onion Gravy Potato Cubes Green Beans	*Menus are created by a registered dietician and meet 1/3 of Recommended Dietary Allowances. Substitutions available upon request Let staff know when you sign up if you need an alternative meal, and tell us what you can <u>not</u> eat. Alternate meal options are limited.	

Come for the meal. Stay for friends and fellowship.