

215-256-6900 www.ghnpss.org

August 2024 Lunch Menu

Our congregate meal is served M-F from 12-1pm. Advance reservations are required. Please sign up at the front desk no later than Friday at 1pm the week before.

There is a \$2 suggested donation for 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SU	Savol		Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk	Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk
Roast Turkey with Pesto Roasted Red Peppers & Spinach on Whole Grain Roll Potato Chips Fruit Cup Milk 5	Spaghetti with Meatballs Green Salad Italian Bread & Butter Apple Sauce Milk	Roast Pork Mashed Potatoes Sauerkaut Milk	Chicken Salad Stuffed Tomato over Lettuce Whole Grain Crackers Cookie Milk	Baked Salmon with Citrus Sauce Long Grain Rice Broccoli Roll & Butter Milk
Taco Salad Corn Chips Pineapple Milk	Sweet & Tangy Chicken Breast Brown Rice Broccoli Milk	BIRTHDAY LUNCH Tuna Salad on Rye Cheddar Cheese Lettuce &Tomato Vegetable Soup Peaches Milk 14	Meatloaf Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Roll & Butter Mandarins Milk 15	Potatoes & Cheese Perogies with Carmelized Onions & Mushrooms Green Salad Cookie Milk 16
Sweet & Sour Pork Sliders on Whole Grain Slider Buns Cole Slaw Fruit Cup Milk 19	Special Lunch Pizza Party! (\$) Garden Salad Sweet Tea Summer Dessert 20	French Dip on Whole Grain Bun French Fries Green Salad Mandarins Milk	Chicken Tenders Potato Salad Vegetable Salad Cookie Milk	Shrimp Caesar Salad Roll & Butter Fresh Melon Salad Chocolate Pudding Milk
Pineapple Chicken Brown Rice Green Salad Fruit Cup Milk	Swedish Meatballs Egg Noodles Carrots Apple Sauce Whole Grain Roll Milk 27	Crab Cake on Whole Grain Bun Lettuce & Tomato Sweet Potato Fries Cole Slaw Milk 28	Rotelle Pasta w/Sauce Vegetables & Cheese Mandarin Oranges Whole Grain Roll Milk 29	Mandarin Grilled Chicken on Mixed Greens with Feta, Almonds, and Cranberries Chow Mein Noodles Chocolate Pudding Milk 30