

New Horizons Daily Lunch Menu – Monday through Friday at Noon – Call to Reserve: 610.664.2366

<p>Monday, October 2 <u>CHICKEN PARMESAN</u> Rotini Pasta Broccoli Tossed Salad w. Italian Dressing White Bread Pudding</p>	<p>Tuesday, October 3 <u>STUFFED BAKED FISH</u> Tilapia with Herb Stuffing Capri Blend Vegetables Roasted Red Potatoes White Bread Fresh Orange</p>	<p>Wednesday, October 4 <u>BEEF CHILI</u> Mixed Vegetables Whole Wheat Roll Pineapple Tidbits</p>	<p>Thursday, October 5 <u>SPINACH CHEDDAR OMELET</u> Hash Brown Potatoes Scalloped Tomatoes Whole Wheat Roll Fruit Cocktail</p>	<p>Friday, October 6 <u>ROAST BEEF HOAGIE</u> With Lettuce, Tomato, Onion Carrot and Raisin Salad Unsw. Cinnamon Applesauce Tomato Bisque Soup Unsweetened Iced Tea</p>
<p>Monday, October 9 <u>SLICED TURKEY</u> with Gravy Whipped Potatoes* Broccoli & Carrots Whole Wheat Roll Tropical Fruit Salad</p>	<p>Tuesday, October 10 <u>TUNA NOODLE CASSEROLE**</u> Green Beans Pumpernickel Bread* Mandarin Oranges* Apple Juice*</p>	<p>Wednesday, October 11 <u>ASIAN CHICKEN SALAD*</u> over romaine lettuce Asian Dressing* 7 grain bread Pears* Chicken and rice soup*</p>	<p>Thursday, October 12 <u>TRICOLOR TORTELLINI WITH MINI-MEATBALLS***</u> Normandy Blend Vegetables Spinach Salad w Balsamic Dressing Fresh Peach*</p>	<p>Friday, October 13 <u>BBQ CHICKEN THIGH</u> Collard Greens Seasoned Potato Cubes, Red Peppers and Onions* White Roll** Lemon Cupcake**</p>
<p>Monday, October 16 <u>SHEPPARD'S PIE</u> With Peas & Carrots Mashed Potatoes Green Beans & Red Peppers Warm Cinnamon Apples Rye Bread Peaches</p>	<p>Tuesday, October 17 <u>TUNA SALAD</u> With Lettuce and Tomato Health Salad White Roll Oatmeal Cookie Manhattan Clam Chowder Unsweetened Iced Tea</p>	<p>Wednesday, October 18 <u>BEEF STROGANOFF</u> Wide Noodles Spinach with Carrots Beets Whole Wheat Bread Pineapples</p>	<p>Thursday, October 19 <u>VEGETABLE LASAGNA**</u> Grilled Vegetables Tossed Salad w. Italian Dressing Strawberry Applesauce Apple Juice</p>	<p>Friday, October 20 <u>GRILLED CHICKEN FRICASSE</u> Broccoli Florets Brown Rice Pilaf Whole Wheat Roll Fresh Orange</p>
<p>Monday, October 23 <u>SLICED TURKEY W. APRICOT GLAZE</u> Cornbread Stuffing* Brussel Sprouts Mashed Sweet potatoes* Banana Cupcake**</p>	<p>Tuesday, October 24 <u>MEATBALL PARMESAN SANDWICH**</u> Cole Slaw Zucchini & Corn Mandarin Oranges Unsweetened Iced Tea</p>	<p>Wednesday, October 25 <u>GRILLED CHICKEN TERIYAKI</u> Snow peas, Mushrooms, Red Peppers White Rice * 7 Grain Bread* Fresh Pear*</p>	<p>Thursday, October 26 <u>LEMON ROSEMARY BAKED FISH</u> Green, Wax Bean & Carrots Couscous* Pumpernickel Bread* Unsw. Cherry Applesauce* Apple Juice*</p>	<p>Friday, October 27 <u>CHICKEN SALAD PLATTER</u> Broccoli, Onion, Craisin Salad* Vegetable pasta salad Whole Wheat Roll** Peaches* Cream of Mushroom Soup</p>
<p>Monday, October 30 <u>CHICKEN PARMESAN</u> Rotini Pasta Broccoli Tossed Salad w. Italian Dressing White Bread Pudding</p>	<p>HAPPY HALLOWEEN <u>GHOULISH GOULASH</u> Pumpkin Soup Buttered Elbow Noodles* Witch's Green Peas* Black Cake Brownies** Dinner Roll** Apple Cider*</p>	<p>* 1 Carb choice ** 2 Carb choices 1% Milk* served everyday EP: Edible Portion Menu Subject to Change</p>	<p>OCTOBER 2017 Meals are \$2.00 suggested donation for those 60+ who eat on site and \$4.50 for those under 60. Take-outs are a \$2.00 fee & require reservation.</p>	