

Malvern Willow Grove

DINNER WEEK #1

Fall 2019

Sunday

Meatloaf with Zesty Glaze; Scalloped Potatoes au Gratin; Chef's Choice Vegetable; Coconut Custard Pie

Monday

Asian Sesame Chicken Stir Fry; Fried Rice; Sautéed Cabbage with Carrots; Rice Pudding

Tuesday

Vegetable Lasagna with Meat Sauce or Marinara; Garlic Parmesan Bread Sticks; Green Beans; Italian Water Ice

Wednesday

Roasted Turkey with Gravy; Mashed Potatoes; Vegetable Medley; Cornbread Stuffing; Apple Pie

Thursday

Baked Chicken Quarters; Roasted Potato Wedges; Broccoli & Cauliflower; ce Cream

Friday

Baked Atlantic Cod with Ritz Cracker Crust; Old Bay Steak Fries; Sweet Buttered Carrots; Lemon Meringue Pie

Saturday

Beef Stew with Country Vegetables; White Rice; Red Velvet Cake

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“Always Available...”

In order to further service special dietary needs, our culinary department has several options available daily, during normal lunch hours:

Smoked Turkey

Sandwich

Sun Butter & Jelly Sandwich

Roasted Red Pepper Hummus Wrap

Black Bean Burger

Skim, Lactose Free and Vanilla Soy Milk

Fresh Orange Juice; Coffee; Black Iced Tea; Mango Infused Water; Peach Drink; Sugar Free Lemonade

Dinner Hours:

4:30-6:00pm

Daily