September 2026 IN PERSON LUNCH MENU – DINE AT THE CENTER!

TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday

ALL MEALS COME WITH MILK (and sometimes Juice, where noted); VEG = No Meat

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 **-** **Egg Salad (VEG)** Summertime Salad, Green Bean Salad, Whole Wheat Roll, Pineapples	**1 -** **(Turkey) Ham and American Cheese on Wheat Bread** Vegetable Pasta Salad, Mandarin Oranges, Apple Juice	**2 -** **Roast Beef and Swiss on Marble Rye** Potato Salad, Tropical Fruit Salad	**3 -** **Turkey on 7 Grain Bread** Carrot & Raisin Salad, Marinated Broccoli Salad, Fruit Cocktail	**4 -** **NARBERTH LOCATION CLOSED** *No Lunches Served Today*
7 - LABOR DAY **New Horizons Closed at Both Locations** *No Lunches Served Today*	**8 -** **Assorted Sandwich** Tomato and Onion Salad, 3 Bean Salad, Whole Wheat Hamburger Roll, Applesauce	**9 -** **3 Cheese Sandwich (VEG)** Broccoli Onion and Craisin Salad, Pumpernickel Bread, Pears	**10 -** **Sliced Chicken Reuben** Cole Slaw, Rye Bread, Pineapples, 1000 Island Dressing	**11-** **Turkey & Muenster Cheese on Wheat Pita** Greek Chickpea Salad, Tropical Fruit Salad
14 - **Egg Salad (VEG)** Tomato and Cucumber Salad, Brown Rice and Carrot Salad, Whole Wheat Roll, Peach Applesauce	**15 -** **Chicken Salad** Marinated Beet Salad, Mandarin Oranges, Whole Wheat Roll, Oatmeal Cookie	**16 -** **Crab Salad w/ American Cheese** Summer Corn Salad, Marinated Broccoli and Cauliflower Salad, Whole Wheat Roll, Fruit Cocktail	**17 -** **Honey BBQ Chicken Sandwich** Potato Salad, Peaches, Whole Wheat Hamburger Roll	**18 -** **Chicken Caesar Wrap** Tomato Basil and White Bean Salad, Pineapples, Whole Wheat Tortilla, Caesar Dressing
21 - YOM KIPPUR **New Horizons Closed at Both Locations** *No Lunches Served Today*	**22 -** **Seafood Salad w/ Hard Boiled Egg** Carrot Salad, Macaroni Salad, Mandarin Oranges	**23 -** **Chef Sandwich on Wheat Bread** Marinated Italian Vegetables, Raspberry Pears	**24 -** **Turkey on Whole Wheat Hamburger Roll** Cucumber Salad, Fruited Yogurt Parfait, Orange Juice	**25 -** **Sliced Chicken on Wheat Pita** Health Salad, Marinated Cold Bean Salad, Strawberry Applesauce
28 - **Egg Salad (VEG)** Summertime Salad, Green Bean Salad, Whole Wheat Roll, Pineapples	**29 -** **(Turkey) Ham and American Cheese on Wheat Bread** Vegetable Pasta Salad, Mandarin Oranges, Apple Juice	**30 - SMALL LUNCH PARTY** ***Exploring the Animal Kingdom*** **VEG HOT LUNCH: Rotini, Salad,** Green Beans, Rolls, Iced Tea *Safari Quizzo, Weatherization, Dessert Social* ***1 P: Secrets of Animals w/ Alyssa:*** *"Earth's Great Extinctions"*	***October 1*** **-** **Eggplant Parmesan (VEG)** Rotini w Sauce, Brussel Sprouts, Pears	***October 2*** **-** **Turkey w/ Citrus Thyme Gravy** Mashed Potatoes, Green Beans, Apple Sauce

"Pay if you wish" for these meals with a suggested, non-mandatory, anonymous donation of $2. Those specific donations are sent to and support the Montgomery County Office of Aging Services. Register online at https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html or Call: (610) 664-2366