

# LUNCH MENU

RESERVATION INFO  
BELOW. PLEASE LET US  
KNOW IF YOU NEED  
TO CANCEL!

2026 / JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Generations Closed <b>Happy New Year!</b>	2 Beef Chili; Cornbread & Cheddar Cheese; Fruit
5 Chicken Cordon Blue with Dijon Swiss Cheese Sauce; Roasted Potatoes; Green Veggie	6 Warm Turkey Ciabatta Sandwich with Pesto, Sundried Tomato & Fresh Mozz. Blush Dipping Sauce; Chips; Fresh Fruit	7 Salmon Filet with Lemon Caper Butter; Rice; Garlic Green Beans	8 Meatloaf with Zesty Brown Sugar Glaze; Mashed Potatoes; Roasted Carrots; Fruit	9 Pulled Pork Stuffed Potato with Cheddar Cheese, BBQ Sauce, & Green Onions; Fresh Veggie; Fruit
12 Chicken & Waffles with Cream Gravy & Real Maple Syrup; Sweet Potato Fries; Fruit	13 Teriyaki Meatballs with Pineapple & Red Peppers; Fried Rice; Sugar Snap Peas; Fortune Cookie	14 <b>Happy Birthday!</b> Tuna Melt on Garlic Texas Toast with Swiss Cheese; Garden Salad; Fruit	15 Pork & Sauerkraut; Mashed Potatoes; Green Beans; Apple Sauce	16 Beef Goulash; Caesar Salad; Garlic Knot
19 Italian Chicken Sausage w/ Peppers & Onions; Roasted Potatoes; Green Salad; Whole Wheat Roll	20 Broccoli Cheddar Quiche; Green Salad; Fresh Fruit	21 Luau Luncheon Special Event/M meal/ Price (see p. 1)	22 Stuffed Cabbage; Mashed Potatoes; Roasted Cinnamon Apples	23 Chicken Marsala Meatballs; Orzo; Green Veggie; Whole Wheat Roll
26 Chicken Cacciatore Over Risotto or Polenta; Crusty Bread; Salad	27 Biscuit & Sausage Gravy; Green Veggie; Fruit	28 Oven Baked Cod with Roasted Tomato & Onion Gravy; Wild Rice; Broccoli	29 Beef Chili; Cornbread & Cheddar Cheese; Fruit	30 Chopped Italian Grinder; Pickles; Chips

## WELLNESS/SPA OFFERINGS

### MASSAGE MONDAYS, BY APPT

Enjoy a 30-minute chair massage for \$30 or a 60-minute fully clothed table massage for \$65 (shorts and a tank top recommended for comfort) with Licensed Massage Therapist Jim Davidson. Cash or check made payable to Jim Davidson. Tips are welcomed, and a portion of proceeds will benefit Generations directly. **To schedule, call/text Jim at 570-449-9466.**

### ACUPUNCTURE FOR PAIN RELIEF: MONDAYS, 11:00AM

Charles Illingworth, IV, L.Ac., offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Pre-registration is not required. Sign in at the front desk upon arrival, and pay for a ticket before each session.

### HAIRCUTS BY APPOINTMENT: 1ST & 3RD TUESDAYS

Robin Dennis, licensed cosmetologist offers haircuts by appointment on site at Generations. \$10 includes a "dry" cut and a donation to Generations. To schedule your appointment, please stop by the Generations front desk or call 215-723-5841.

### BLOOD PRESSURE SCREENINGS: RESUMES IN FEBRUARY 2026 MORE INFORMATION TO COME!

### GUIDED MEDITATION FOR STRESS RELIEF MONDAYS, 10:00AM, BEGINNING DEC. 1

Start your journey to a calmer mind by enjoying 30 quiet, refreshing minutes and a guided meditation from sound to silence. Result: a refreshed you with better focus. Darlene Cianci, Certified Instructor. Fee: \$4/class or \$24/8 classes. No pre-registration required. Sign in and pay at front desk upon arrival.

### ATTENTUS HEARING CARE:

WEDNESDAYS, DECEMBER 3 & JANUARY 7, BY APPOINTMENT  
Audiologist Dr. Abby HOLAUCHOCK offers free hearing screenings, hearing aid cleanings, and ear wax checks at Generations. **To schedule your free screening, please call 267-669-1345 (sorry text feature is no longer available).** Additional services available for a fee: ear wax removal and hearing aid repairs. Full evaluations and consultations are also available at Generations or in your home.