

# LUNCH MENU

RESERVATION INFO BELOW.  
PLEASE CALL 215-723-5841 IF  
YOU NEED TO CANCEL!

2024 / SEPT.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Generations Closed</b> <b>Happy Labor Day</b>	<b>3</b> Hot Dog Day with or without Kraut, Onions, Mustard or Ketchup; Baked Beans; Slaw	<b>4</b> Seafood Cakes with Remoulade; Roasted Brussels Sprouts; Fresh Fruit	<b>5</b> Eggs Benedict Frittata w/ Hollandaise; Toasted English Muffin; Broccoli	<b>6</b> Cheesesteak Salad Loaded with Tomatoes, Cheese, Onions, Mushrooms, & Creamy Parmesan Dressing
<b>9</b> Chicken Bacon Ranch Flatbread; Warm Spinach Salad	<b>10</b> Shepherd's Pie; Garden Salad; Fresh Fruit	<b>11</b> Baked Sausage & Zucchini with Shredded Provolone; Garden Salad; Garlic Knot	<b>12</b> Salmon & Dill Lasagna with Shaved Fennel; Garden Salad; Whole Wheat Roll	<b>13</b> Roast Beef & Swiss on Ciabatta with Horsey Sauce; Arugula, Tomato, and Fresh Mozz Salad w/ Lemon Vinaigrette
<b>16</b> Taco Salad (mild) with Cheddar Cheese, Black Beans, Corn, Tomato Salsa, Avocado Cream, & Tortilla Crisps	<b>17</b> Chicken Cutlet Cordon Bleu with Honey Dijon Cream Sauce; Rosemary Roasted Potatoes; Green Salad	<b>18 Happy Birthday!</b> Tri-Color Tortellini with Baby Shrimp, Pesto Sundried Tomato Cream Sauce; Broccoli	<b>19</b> Pork and Sauerkraut with Mashed Potatoes, Apple Sauce, & String Beans	<b>20</b> Baked Stuffed Shells; Garden Salad; Whole Wheat Roll
<b>23</b> Pulled Pork with Mac-n-Cheese on Whole Grain Roll, Pepper Slaw, Fruit	<b>24</b> Chicken Enchilada Lasagna with Sour Cream Drizzle; Green Salad	<b>25</b> Country Hoedown - Special Event/Menu/ Price (See p. 1)	<b>26</b> Swedish Meatballs Over Noodles; Cranberry Sauce; Broccoli	<b>27</b> Stuffed Acorn Squash & Green Salad
<b>30 LUNCH @ ZWINGLI:</b> Roast Turkey, Pesto, Roasted Red Pepper, Lettuce, Tomato, & Pickle on Ciabatta	<p><b>All menu items are subject to change. We will post applicable updates on our website:</b>  <a href="http://www.generationsofiv.org">www.generationsofiv.org</a> <b>From September 30 - through the end of October, our noon meal will be served off-site due to another necessary floor remodeling project in our kitchen. Generations will open during this time, but the noon meal will be a cold offering served at the Family Life Center at Zwingli UCC, 350 Wile Ave. Souderton.</b></p>			

## GROUP ACUPUNCTURE FOR PAIN RELIEF:

MONDAYS AT 1:00PM THOUGH AUGUST 26

B.J. Putnam, DAc, offers weekly Group Acupuncture. All participants will be treated for pain while seated. \$20 per session includes donation to Generations. Register at front desk or call 215-723-5841.

## 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.

## ON THE MOVE PHYSICAL THERAPY:

On The Move is an outpatient physical therapy clinic that provides a variety of services (pain relief, balance/falls risk, vestibular training, strengthening, conditioning, flexibility and much more!). No referrals needed, accepts most major insurances. To schedule an appointment at Generations, in your home, or in our mobile clinic, please call 267-932-8857 or book through our website: <https://www.otmpt.com>

## BLOOD PRESSURE SCREENINGS:

MONDAYS, AUG. 19 & SEPT. 16, BEGINNING AT 11:15AM

Free blood pressure checks, provided by Jefferson Health-Abington. First come, first serve; sign up on the posted sign-in sheet at the Ridgeview Room and the nurse will call you in.

## MEDITATION & SELF HEALING: WEDNESDAYS, 9:30AM

Join Gina Polsinelli, M.A., Licensed Marriage and Family Therapist, for a self-healing session via conference call. Tune out negative stereotypes and replace them with positive affirmations. Only a telephone is needed to participate. To register, contact Gina: 831-419-7706.

## NEW! ATTENTUS HEARING CARE:

1ST WEDNESDAY, AUGUST 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 or text (267) 669-1345. 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.