

# DECEMBER

## 2024 LIGHTER FARE

## LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

| MON  | TUE   | WED  | THU  | FRI  |
|--|---|--|--|--|
| 2<br>Turkey & Gouda<br>Sandwich<br>Carrots & Ranch<br>Mango        | 3<br>Roast Beef &<br>Cheese Sandwich<br>Broccoli Salad<br>Pear  | 4<br>Greek Salad with<br>Chicken<br>Dinner Roll<br>Mixed Fruit               | 5<br>Tuna Salad<br>Dinner Roll<br>Orange   | 6<br>Grilled Chicken &<br>Cheese Sandwich<br>Four Bean Salad<br>Fruit Salad  |
| 9<br>Horseradish Roast Beef<br>Sandwich<br>Diced Beets<br>Orange   | 10<br>Ham, & Cheddar<br>Sandwich<br>Coleslaw<br>Pineapple       | 11<br>Chicken Caesar Salad<br>Dinner Roll<br>Strawberry Banana<br>Applesauce | 12<br>BBQ Chicken<br>Sandwich<br>Cucumbers & Ranch<br>Tropical Fruit               | 13<br>Southwest Chicken<br>Salad<br>Dinner Roll<br>Pear                      |
| 16<br>Turkey & Provolone<br>Sandwich<br>Three Bean Salad<br>Orange | 17<br>Roast Beef Salad<br>Dinner Roll<br>Peaches                | 18<br>Harvest Chicken Salad<br>Dinner Roll<br>Mandarin Oranges               | 19<br>Turkey & Cheddar<br>Sandwich<br>Broccoli Salad<br>Pear                       | 20<br>French Rachel<br>Sandwich<br>Coleslaw<br>Fruit Salad                   |
| 23<br>Turkey & Gouda<br>Sandwich<br>Carrots & Ranch<br>Mango       | 24<br>Roast Beef &<br>Cheese Sandwich<br>Broccoli Salad<br>Pear | 25<br>CLOSED   | 26<br>Tuna Salad<br>Dinner Roll<br>Orange  | 27<br>Grilled Chicken &<br>Cheese Sandwich<br>Four Bean Salad<br>Fruit Salad |
| 30<br>Horseradish Roast Beef<br>Sandwich<br>Diced Beets<br>Orange  | 31<br>Ham, & Cheddar<br>Sandwich<br>Coleslaw<br>Pineapple       |  | <b>*TO ORDER A MEAL,<br/>PLEASE CALL YOU<br/>CENTER TO RESERVE<br/>IN ADVANCE*</b> | <b>*THE SUGGESTED<br/>MEAL<br/>DONATION IS \$2*</b>                          |

# DECEMBER

## 2024 HOT MEALS

## LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

| MON  | TUE  | WED   | THU  | FRI  |
|--|--|---|--|--|
| 2<br>Chicken Scampi<br>Vegetable Blend<br>Jell-O<br>Diced Pears                  | 3<br>Beef Sloppy Joe<br>Potato Wedges<br>Side Salad<br>Orange                  | 4<br>Orange Chicken<br>Stir Fry Veggies<br>Vegetable Fried Rice<br>Tropical Fruit | 5<br>Stuffed Pepper<br>Mashed Potatoes<br>Mixed Vegetables<br>Van. Greek Yogurt    | 6<br>Cheese Omelet<br>Turkey Sausage<br>Potatoes<br>Fruit Salad            |
| 9<br>Cheeseburger<br>Sweet Potato Fries<br>Mushroom Soup<br>Clementine           | 10<br>Roast Pork<br>Mashed Potatoes<br>Red Cabbage/Apples<br>Choc. Chip Cookie | 11<br>Baked Haddock<br>Wax Beans<br>Mac & Cheese<br>Diced Pineapple               | 12<br>Stuffed Chick. Breast<br>Brussel Sprouts<br>Potatoes<br>Choc. Pudding        | 13<br>Meatballs Marinara<br>Roasted Veg. Blend<br>Spaghetti<br>Fruit Salad |
| 16<br>Meatloaf with Gravy<br>Mashed Potatoes<br>Beets<br>Van. Greek Yogurt       | 17<br>Chicken Tenders<br>Green Beans<br>Butternut Sq. Soup<br>Applesauce       | 18<br>Spanish Rice & Beef<br>Peas/Pearl Onions<br>Brown Rice<br>Orange            | 19<br>Pork Riblet<br>Baked Beans<br>Side Salad<br>Melon                            | 20<br>Hawaiian Chicken<br>Broccoli<br>Brown Rice<br>Cookie                 |
| 23<br>Beef Pepper Steak<br>Peppers & Onions<br>Cauliflower & Peas<br>Fruit Salad | 24<br>Salmon<br>Green Beans<br>Lentil Soup<br>Diced Peaches                    | 25<br>CLOSED  | 26<br>Italian Sausage/Marinara<br>Broccoli<br>Cauliflower<br>Sugar Cookie          | 27<br>Pork/Sauerkraut<br>Mashed Potatoes<br>Carrots<br>Vanilla Pudding     |
| 30<br>Chicken Scampi<br>Vegetable Blend<br>Jell-O<br>Diced Pears                 | 31<br>Beef Sloppy Joe<br>Potato Wedges<br>Side Salad<br>Orange                 |   | <b>*TO ORDER A MEAL,<br/>PLEASE CALL YOU<br/>CENTER TO RESERVE<br/>IN ADVANCE*</b> | <b>*THE SUGGESTED<br/>MEAL<br/>DONATION IS \$2*</b>                        |

# DECEMBER

## 2024 FROZEN MEALS

# LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

| MON  | TUE  | WED   | THU  | FRI   |
|--|--|---|--|---|
| 2<br>BBQ Chicken Fritters<br>Diced Red Potatoes<br>Mixed Vegetables<br>Mandarin Oranges  | 3<br>Swiss Steak<br>Mashed Potatoes<br>Peas & Carrots<br>Apple           | 4<br>Spaghetti/Meatballs<br>Peas and Carrots<br>Tropical Fruit            | 5<br>Cheese Omelet<br>Turkey Sausage<br>Breakfast Potatoes<br>Orange               | 6<br>Lemon Butter Salmon<br>Mashed Potatoes<br>Vegetable Blend<br>Diced Peaches |
| 9<br>Meatloaf<br>Mashed Potatoes<br>Buttered Peas<br>Apple                               | 10<br>Sausage & Peppers<br>Mashed Potatoes<br>Carrots<br>Diced Pineapple | 11<br>Garlic Butter Chicken<br>Green Beans<br>Brown Rice<br>Orange        | 12<br>Chicken Parmesan<br>Buttered Veg. Blend<br>Buttered Rotini<br>Diced Pears    | 13<br>Eggplant Rollatini<br>Broccoli<br>Applesauce                              |
| 16<br>Turkey Dog w/ Chili<br>Seasoned Potatoes<br>Carrots<br>Mandarin Oranges            | 17<br>Sweet/Sour Chicken<br>Vegetables<br>Brown Rice<br>Orange           | 18<br>Chicken Tenders<br>Sweet Potatoes<br>Green Beans<br>Diced Pineapple | 19<br>Salisbury Steak/Gravy<br>Mashed Potatoes<br>Broccoli<br>Apple                | 20<br>Cheese Manicotti<br>Cauliflower<br>Peas<br>Applesauce                     |
| 23<br>Chicken Marsala<br>Mashed Potatoes<br>Broccoli<br>Diced Peaches                    | 24<br>Turkey Sausage<br>Diced Potatoes<br>Pancake<br>Orange              | 25<br>Orange Chicken<br>Buttered Broccoli<br>Veg. Fried Rice<br>Oranges   | 26<br>Swedish Meatballs<br>Mashed Potatoes<br>Green Beans<br>Apple                 | 27<br>Breaded Haddock<br>Veg. Blend<br>Penne<br>Diced Pears                     |
| 30<br>BBQ Chicken Fritters<br>Diced Red Potatoes<br>Mixed Vegetables<br>Mandarin Oranges | 31<br>Swiss Steak<br>Mashed Potatoes<br>Peas & Carrots<br>Apple          |   | <b>*TO ORDER A MEAL,<br/>PLEASE CALL YOU<br/>CENTER TO RESERVE<br/>IN ADVANCE*</b> | <b>*THE SUGGESTED<br/>MEAL<br/>DONATION IS \$2*</b>                             |