

NOVEMBER

2024 LIGHTER FARE

LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
	TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE	*THE SUGGESTED MEAL DONATION IS \$2*		¹ Southwest Chicken Salad Dinner Roll Pear
⁴ Turkey & Provolone Sandwich Three Bean Salad Orange	⁵ Roast Beef Salad Dinner Roll Peaches	⁶ Harvest Chicken Salad Dinner Roll Mandarin Oranges	⁷ Turkey & Cheddar Sandwich Broccoli Salad Pear	⁸ French Rachel Sandwich Coleslaw Fruit Salad
¹¹ Turkey & Gouda Sandwich Carrots & Ranch Mango	¹² Roast Beef & Cheese Sandwich Broccoli Salad Pear	¹³ Greek Salad with Chicken Dinner Roll Mixed Fruit	¹⁴ Tuna Salad Dinner Roll Orange	¹⁵ Grilled Chicken & Cheese Sandwich Four Bean Salad Fruit Salad
¹⁸ Horseradish Roast Beef Sandwich Diced Beets Orange	¹⁹ Ham, & Cheddar Sandwich Coleslaw Pineapple	²⁰ Chicken Caesar Salad Dinner Roll Strawberry Banana Applesauce	²¹ BBQ Chicken Sandwich Cucumbers & Ranch Tropical Fruit	²² Southwest Chicken Salad Dinner Roll Pear
²⁵ Turkey & Provolone Sandwich Three Bean Salad Orange	²⁶ Roast Beef Salad Dinner Roll Peaches	²⁷ Harvest Chicken Salad Dinner Roll Mandarin Oranges	²⁸ Turkey & Cheddar Sandwich Broccoli Salad Pear	²⁹ French Rachel Sandwich Coleslaw Fruit Salad

NOVEMBER

2024 HOT MEALS

LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
	TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE	*THE SUGGESTED MEAL DONATION IS \$2*		¹ Pork/Sauerkraut Mashed Potatoes Carrots Vanilla Pudding
⁴ Chicken Scampi Vegetable Blend Jell-O Diced Pears	⁵ Beef Sloppy Joe Potato Wedges Side Salad Orange	⁶ Orange Chicken Stir Fry Veggies Vegetable Fried Rice Tropical Fruit	⁷ Stuffed Pepper Mashed Potatoes Mixed Vegetables Van. Greek Yogurt	⁸ Cheese Omelet Turkey Sausage Potatoes Fruit Salad
¹¹ Cheeseburger Sweet Potato Fries Mushroom Soup Clementine	¹² Roast Pork Mashed Potatoes Red Cabbage/Apples Choc. Chip Cookie	¹³ Baked Haddock Wax Beans Mac & Cheese Diced Pineapple	¹⁴ Stuffed Chick. Breast Brussel Sprouts Potatoes Choc. Pudding	¹⁵ Meatballs Marinara Roasted Veg. Blend Spaghetti Fruit Salad
¹⁸ Meatloaf with Gravy Mashed Potatoes Beets Van. Greek Yogurt	¹⁹ Chicken Tenders Green Beans Butternut Sq. Soup Applesauce	²⁰ Spanish Rice & Beef Peas/Pearl Onions Brown Rice Orange	²¹ Pork Riblet Baked Beans Side Salad Melon	²² Hawaiian Chicken Broccoli Brown Rice Cookie
²⁵ Beef Pepper Steak Peppers & Onions Cauliflower & Peas Fruit Salad	²⁶ Salmon Green Beans Lentil Soup Diced Peaches	²⁷ BBQ Chicken Sweet Potatoes Brussel Sprouts Apple Slices	²⁸ Italian Sausage Broccoli Cauliflower Sugar Cookie	²⁹ Pork/Sauerkraut Mashed Potatoes Carrots Vanilla Pudding

NOVEMBER

2024 FROZEN MEALS

LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
	TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE	*THE SUGGESTED MEAL DONATION IS \$2*		1 Breaded Haddock Veg. Blend Penne Diced Pears
4 BBQ Chicken Fritters Diced Red Potatoes Mixed Vegetables Mandarin Oranges	5 Swiss Steak Mashed Potatoes Peas & Carrots Apple	6 Spaghetti/Meatballs Peas and Carrots Tropical Fruit	7 Cheese Omelet Turkey Sausage Breakfast Potatoes Orange	8 Lemon Butter Salmon Mashed Potatoes Vegetable Blend Diced Peaches
11 Meatloaf Mashed Potatoes Buttered Peas Apple	12 Sausage & Peppers Mashed Potatoes Carrots Diced Pineapple	13 Garlic Butter Chicken Green Beans Brown Rice Orange	14 Chicken Parmesan Buttered Veg. Blend Buttered Rotini Diced Pears	15 Eggplant Rollatini Broccoli Applesauce
18 Turkey Dog w/ Chili Seasoned Potatoes Carrots Mandarin Oranges	19 Sweet/Sour Chicken Vegetables Brown Rice Orange	20 Chicken Tenders Sweet Potatoes Green Beans Diced Pineapple	21 Salisbury Steak/Gravy Mashed Potatoes Broccoli Apple	22 Cheese Manicotti Cauliflower Peas Applesauce
25 Chicken Marsala Mashed Potatoes Broccoli Diced Peaches	26 Turkey Sausage Diced Potatoes Pancake Orange	27 Orange Chicken Broccoli Veg. Fried Rice Oranges	28 Swedish Meatballs Mashed Potatoes Green Beans Apple	29 Breaded Haddock Veg. Blend Penne Diced Pears