

# SEPTEMBER

## 2024 LIGHTER FARE

## LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

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

# SEPTEMBER

2024 HOT MEALS

## LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
2 BBQ Chicken Succotash Corn Chowder Orange	3 Cheeseburger Broccoli Slaw Diced Potatoes Cantaloupe	4 Western Omelet Turkey Sausage Potatoes Fruit Salad	5 Stuffed Cabbage Mashed Potatoes Diced Beets Greek Yogurt	6 Chicken Parmesan Vegetable Blend Side Salad Pound Cake
9 Sausage & Peppers Broccoli Brown Rice Clementine	10 Chicken Tenders Green Beans Potato Wedges Fruit Salad	11 Beef Stew Mashed Potatoes Carrots Vanilla Pudding	12 Breaded Fish Sandwich Red Potatoes Minestrone Soup Cantaloupe	13 Roast Pork Haluski Peas & Onions Choc. Chip Cookie
16 Vegetable Lasagna Vegetable Blend Dinner Roll Van. Greek Yogurt	17 BBQ Pulled Pork. Vegetable Soup Waffle Fries Fruit Salad	18 Stuffed Cordon Chicken Mashed Potatoes Brussel Sprouts Sugar Cookie	19 Meatball Sandwich Potato Wedges Side Salad Orange	20 Teriyaki Chicken Broccoli Brown Rice Diced Peaches
23 Swedish Meatballs Broccoli/Cauliflower Apple Slices Cookie	24 Chicken Kiev Scalloped Potatoes Spinach Applesauce	25 Hot Dog Potato Wedges Baked Beans Watermelon	26 Seasoned Chicken Buttered Sweet Potatoes Buttered Cauliflower Chocolate Pudding	27 Meatloaf w/ Gravy Mashed Potatoes Wax Beans Vanilla Greek Yogurt
30 BBQ Chicken Succotash Corn Chowder Orange		<b>*TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE*</b>	<b>*THE SUGGESTED MEAL DONATION IS \$2*</b>	

# SEPTEMBER

## 2024 FROZEN MEALS

# LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

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