

# FEBRUARY

## 2024 LIGHTER FARE

# LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
<b>*TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE*</b>	<b>*THE SUGGESTED MEAL DONATION IS \$2*</b>		1 Cuban Pork & Cheese Sandwich Broccoli Slaw Pear	2 Spring Mix Salad with Chicken Dinner Roll Orange
5 Turkey & Provolone Sandwich Potato Salad Mandarin Oranges	6 Chicken & Swiss Sandwich Cucumbers with Ranch Pear	7 Pesto Chicken Salad Dinner Roll Pineapple	8 Turkey & Cheddar Sandwich Broccoli Slaw Pear	9 Ham Salad Sandwich Four Bean Salad Orange
12 Turkey, Ham, & Cheddar Sandwich Diced Beets Pear	13 Roast Beef & Cheddar Sandwich Broccoli Slaw Pineapple	14 Italian Salad Dinner Roll Tropical Fruit	15 Chef Salad with Ham Dinner Roll Orange	16 BBQ Chicken & Cheese Sandwich Carrots with Ranch Orange
19 Roast Beef Club Sandwich Four Bean Salad Tropical Fruit	20 Ham & Swiss Sandwich Potato Salad Pineapple	21 Chicken Caesar Salad Dinner Roll Strawberry Banana Applesauce	22 Cuban Pork & Cheese Sandwich Broccoli Slaw Pear	23 Spring Mix Salad with Chicken Dinner Roll Orange
26 Turkey & Provolone Sandwich Potato Salad Mandarin Oranges	27 Chicken & Swiss Sandwich Cucumbers with Ranch Pear	28 Pesto Chicken Salad Dinner Roll Pineapple	29 Turkey & Cheddar Sandwich Broccoli Slaw Pear	

# FEBRUARY

## 2024 HOT MEALS

# LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
<b>*TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE*</b>	<b>*THE SUGGESTED MEAL DONATION IS \$2*</b>		<sup>1</sup> Meatloaf with Gravy Mashed Potatoes Vegetable Blend Tropical Fruit	<sup>2</sup> Cheese Lasagna Rollup Cauliflower Carrots Oatmeal Cookie
<sup>5</sup> Roast Pork w/ Gravy Sweet Potatoes Brussels Sprouts Pound Cake	<sup>6</sup> Breaded Chicken Sandwich Broccoli Beef/Peppers Soup Chocolate Pudding	<sup>7</sup> Swiss Steak Mashed Potatoes Beets Choc. Chip Cookie	<sup>8</sup> Chicken Piccata Carrots Buttered Rotini Fresh Fruit Salad	<sup>9</sup> Cheese Ravioli Winter Veg. Blend Dinner Roll Mandarin Oranges
<sup>12</sup> Broccoli & Cheese Stuffed Chicken Wax Beans Brown Rice Diced Mango	<sup>13</sup> Hot Dog & Sauerkraut Cauliflower Greek Yogurt Peaches	<sup>14</sup> Eggplant Rollatini Scalloped Potatoes Broccoli/Red Peppers Blushing Pears	<sup>15</sup> Beef Stew Carrots Brussels Sprouts Straw/Banana Applesauce	<sup>16</sup> Breaded Fish Sandwich Side Salad Lentil Soup Clementine
<sup>19</sup> Breaded Chick. Fritters Broccoli Mac & Cheese Melon	<sup>20</sup> Stuffed Cabbage Roll Mashed Potatoes Green Beans Greek Yogurt	<sup>21</sup> Chicken Alfredo Veg. Blend Buttered Penne Apple Slices	<sup>22</sup> Cheeseburger Sweet Pot. Fries French Onion Soup Orange	<sup>23</sup> Cheese Omelet w/ Peppers & Onions Breakfast Potatoes Fresh Fruit Salad
<sup>26</sup> Spaghetti & Meatballs Broccoli Side Salad Jello	<sup>27</sup> Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Melon	<sup>28</sup> Orange Chicken Vegetable Blend Veg. Fried Rice Pineapple	<sup>29</sup> Meatloaf with Gravy Mashed Potatoes Vegetable Blend Tropical Fruit	

# FEBRUARY

## 2024 FROZEN MEALS

# LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI
<b>*TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE*</b>	<b>*THE SUGGESTED MEAL DONATION IS \$2*</b>		<sup>1</sup> Salisbury Steak/Gravy Mashed Potatoes Broccoli Apple	<sup>2</sup> Cheese Manicotti Cauliflower Peas Applesauce
<sup>5</sup> Chicken Alfredo Broccoli Penne Diced Peaches	<sup>6</sup> Turkey Sausage Diced Red Potatoes Pancake Orange	<sup>7</sup> Orange Chicken Broccoli Veg. Fried Rice Mandarin Oranges	<sup>8</sup> BBQ Meatballs Mashed Potatoes Green Beans Apple	<sup>9</sup> Breaded Haddock Veg. Blend Penne Diced Pears
<sup>12</sup> BBQ Chicken Fritters Diced Red Potatoes Mixed Vegetables Mandarin Oranges	<sup>13</sup> Swiss Steak Mashed Potatoes Peas & Carrots Apple	<sup>14</sup> Spaghetti/Meatballs Peas and Carrots Tropical Fruit	<sup>15</sup> Cheese Omelet Turkey Sausage Breakfast Potatoes Orange	<sup>16</sup> Breaded Haddock Cheesy Potatoes Vegetable Blend Diced Peaches
<sup>19</sup> Meatloaf Mashed Potatoes Buttered Peas Apple	<sup>20</sup> BBQ Riblet Baked Beans Mixed Vegetables Diced Pineapple	<sup>21</sup> Fajita Chicken Chuckwagon Corn Brown Rice Orange	<sup>22</sup> Chicken Parmesan Buttered Veg. Blend Buttered Rotini Diced Pears	<sup>23</sup> Tortellini Alfredo Buttered Broccoli Buttered Carrots Applesauce
<sup>26</sup> Turkey Dog w/ Chili Seasoned Potatoes Carrots Mandarin Oranges	<sup>27</sup> Sweet/Sour Chicken Vegetables Brown Rice Orange	<sup>28</sup> Chicken Tenders Sweet Potatoes Green Beans Diced Pineapple	<sup>29</sup> Salisbury Steak/Gravy Mashed Potatoes Broccoli Apple	