

OCTOBER

2024 LIGHTER FARE

LACKAWANNA COUNTY SENIOR COMMUNITY CENTERS MENU

MON	TUE	WED	THU	FRI	
<p>*TO ORDER A MEAL, PLEASE CALL YOU CENTER TO RESERVE IN ADVANCE*</p>	<p>1 Roast Beef & Cheese Sandwich Broccoli Salad Pear</p>	<p>2 Greek Salad with Chicken Dinner Roll Mixed Fruit</p>	<p>3 Tuna Salad Dinner Roll Orange</p>	<p>4 Grilled Chicken & Cheese Sandwich Four Bean Salad Fruit Salad</p>	
	<p>7 Horseradish Roast Beef Sandwich Diced Beets Orange</p>	<p>8 Ham, & Cheddar Sandwich Coleslaw Pineapple</p>	<p>9 Chicken Caesar Salad Dinner Roll Strawberry Banana Applesauce</p>	<p>10 BBQ Chicken Sandwich Cucumbers & Ranch Tropical Fruit</p>	<p>11 Southwest Chicken Salad Dinner Roll Pear</p>
	<p>14 Turkey & Provolone Sandwich Three Bean Salad Orange</p>	<p>15 Roast Beef Salad Dinner Roll Peaches</p>	<p>16 Harvest Chicken Salad Dinner Roll Mandarin Oranges</p>	<p>17 Turkey & Cheddar Sandwich Broccoli Salad Pear</p>	<p>18 French Rachel Sandwich Coleslaw Fruit Salad</p>
	<p>21 Turkey & Gouda Sandwich Carrots & Ranch Mango</p>	<p>22 Roast Beef & Cheese Sandwich Broccoli Salad Pear</p>	<p>23 Greek Salad with Chicken Dinner Roll Mixed Fruit</p>	<p>24 Tuna Salad Dinner Roll Orange</p>	<p>25 Grilled Chicken & Cheese Sandwich Four Bean Salad Fruit Salad</p>
	<p>28 Horseradish Roast Beef Sandwich Diced Beets Orange</p>	<p>29 Ham, & Cheddar Sandwich Coleslaw Pineapple</p>	<p>30 Chicken Caesar Salad Dinner Roll Strawberry Banana Applesauce</p>	<p>31 BBQ Chicken Sandwich Cucumbers & Ranch Tropical Fruit</p>	<p>*THE SUGGESTED MEAL DONATION IS \$2*</p>

OCTOBER

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	1 Salmon Green Beans Lentil Soup Diced Peaches	2 BBQ Chicken Sweet Potatoes Brussel Sprouts Apple Slices	3 Italian Sausage Broccoli Cauliflower Sugar Cookie	4 Pork/Sauerkraut Mashed Potatoes Carrots Vanilla Pudding
7 Chicken Scampi Vegetable Blend Jell-O Diced Pears	8 Beef Sloppy Joe Potato Wedges Side Salad Orange	9 Orange Chicken Stir Fry Veggies Vegetable Fried Rice Tropical Fruit	10 Stuffed Pepper Mashed Potatoes Mixed Vegetables Van. Greek Yogurt	11 Cheese Omelet Turkey Sausage Potatoes Fruit Salad
14 Cheeseburger Sweet Potato Fries Mushroom Soup Clementine	15 Roast Pork Mashed Potatoes Red Cabbage/Apples Choc. Chip Cookie	16 Baked Haddock Wax Beans Mac & Cheese Diced Pineapple	17 Stuffed Chick. Breast Brussel Sprouts Potatoes Choc. Pudding	18 Meatballs Marinara Roasted Veg. Blend Spaghetti Fruit Salad
21 Meatloaf with Gravy Mashed Potatoes Beets Van. Greek Yogurt	22 Chicken Tenders Green Beans Butternut Sq. Soup Applesauce	23 Spanish Rice & Beef Peas/Pearl Onions Brown Rice Orange	24 Pork Riblet Baked Beans Side Salad Melon	25 Hawaiian Chicken Broccoli Brown Rice Cookie
28 Beef Pepper Steak Peppers & Onions Cauliflower & Peas Fruit Salad	29 Salmon Green Beans Lentil Soup Diced Peaches	30	31	*THE SUGGESTED MEAL DONATION IS \$2*

OCTOBER

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	1 Turkey Sausage Diced Potatoes Pancake Orange	2 Orange Chicken Broccoli Veg. Fried Rice Oranges	3 Swedish Meatballs Mashed Potatoes Green Beans Apple	4 Breaded Haddock Veg. Blend Penne Diced Pears
7 BBQ Chicken Fritters Diced Red Potatoes Mixed Vegetables Mandarin Oranges	8 Swiss Steak Mashed Potatoes Peas & Carrots Apple	9 Spaghetti/Meatballs Peas and Carrots Tropical Fruit	10 Cheese Omelet Turkey Sausage Breakfast Potatoes Orange	11 Lemon Butter Salmon Mashed Potatoes Vegetable Blend Diced Peaches
14 Meatloaf Mashed Potatoes Buttered Peas Apple	15 Sausage & Peppers Mashed Potatoes Carrots Diced Pineapple	16 Garlic Butter Chicken Green Beans Brown Rice Orange	17 Chicken Parmesan Buttered Veg. Blend Buttered Rotini Diced Pears	18 Eggplant Rollatini Broccoli Applesauce
21 Turkey Dog w/ Chili Seasoned Potatoes Carrots Mandarin Oranges	22 Sweet/Sour Chicken Vegetables Brown Rice Orange	23 Chicken Tenders Sweet Potatoes Green Beans Diced Pineapple	24 Salisbury Steak/Gravy Mashed Potatoes Broccoli Apple	25 Cheese Manicotti Cauliflower Peas Applesauce
28 Chicken Marsala Mashed Potatoes Broccoli Diced Peaches	29 Turkey Sausage Diced Potatoes Pancake Orange	30 Orange Chicken Broccoli Veg. Fried Rice Oranges	31 Swedish Meatballs Mashed Potatoes Green Beans Apple	*THE SUGGESTED MEAL DONATION IS \$2*