

January Central Cuisine

Lebanon County Senior Community Center & Congregate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Senior Center Locations CLOSED for New Year's Day</p>	<p>3</p> <p>Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p> 	<p>4</p> <p>New Year's Special 1/2c. Roast Pork 1/2c Sauerkraut 1/2c Whipped Potatoes Dinner Roll Pineapple Cake</p>	<p>5</p> <p>ESTIMATE COUNT for SPECIAL Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>6</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple</p>
<p>9</p> <p>1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Green Beans 1 Dinner Roll Fresh Fruit</p>	<p>10</p> <p>Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches</p> 	<p>11</p> <p>1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding</p>	<p>12</p> <p>FINAL COUNT for SPECIAL Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c. Three Bean Salad 1 Dinner Roll 1/2c Gelatin</p>	<p>13</p> <p>1/2c. Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit</p>
<p>16</p> <p>Senior Center Locations CLOSED for Martin Luther King Jr. Day</p>	<p>17</p> <p>3/4c. Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit</p> 	<p>18</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>19</p> <p>SPECIAL MEAL New England Clam Chowder & Beef Vegetable Soup Turkey Sandwich w/ provolone lettuce, tomat, & onion Cole Slaw Cranberry & Apple Crumble</p> 	<p>20</p> <p>1/2c. Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges</p>
<p>23</p> <p>BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>	<p>24</p> <p>Chicken Alfredo 1/2c Noodles 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Warm Apple Cranberry Crisp</p>	<p>25</p> <p>Cheeseburger w/ Lettuce, Tomato 1/2c. Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>26</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>27</p> <p>Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit</p>
<p>30</p> <p>Pepper Steak w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>31</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin</p>		<p>to order lunch, please contact your center manager or the LCAAA Office at 717-273-9262 Orders need to be placed by 11:00am on the previous business day Suggested donation of \$4.50 *menu subject to change</p>	