December 2026

Lebanon County HDM

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
The Nutrition Group MEALS SUBJECT TO CHANGE	Egg Salad Sandwich 3 Bean Salad (1/2c) Orange Juice (1/2c) Lettuce/Tomato 2 WG Bread Slices Milk	General Tso's Chicken Macaroni & Cheese (1c) Steamed Carrot Coins (1/2c) Stewed Tomatoes (1/2c) Mandarin Oranges (1/2c) Milk	Taco Salad Brown Rice (1/2c) Black Beans (1/2c) Very Veggie Juice Chocolate Chip Cookie Dressing Packet Milk	Sloppy Joe Seasoned Green Beans (1/2c) Scalloped Potatoes (1/2c) Apple Juice WG Hamburger Bun Milk
7	8	9	10	11
Cheese Omelet Breakfast Potatoes w/ onions (1/2 c) Sunrise Orange Juice WG English Muffin Milk	Garlic Parmesan Chicken Salad Diced Beets (1/2c) Pineapple Tidbits (1/2c) Dressing Packet WG Dinner Roll Milk/Margarine	Pizza Pasta Bake (1c) Creamed Spinach (1/2c) Mandarin Oranges (1/2c) Milk/Margarine	Tuna Salad Sandwich Pepper Cabbage (1/2c) Fresh Orange Lettuce/Tomato 2 WG Bread Slices Milk	Sweet & Sour Chicken (3/4c) Brown Rice (1/2c) Peas & Carrots (1/2c) Broccoli Salad (1/2c) Applesauce (1/2c) Milk
14	15	16	17	18
Potato Crusted Fish (3.6oz) Potatoes w/peppers & onions (1/2 c) Lima Beans (1/2c) WG Dinner Roll Milk/Margarine	Ham & Cheese Sandwich 3 Bean Salad (1/2c) Orange Juice (1/2c) Lettuce/Tomato 2 WG Bread Slices Milk	Chopped Steak in Gravy (2oz) Buttered Noodles (1/2c) Steamed Carrots (1/2c) Fresh Orange Milk	Honey Ham (3oz) Mashed Potatoes (1/2c) Green Beans (1/2c) Blueberry Pie WG Dinner Roll Milk/Margarine	Chili Con Carne (1/2c) w/cheese (1oz) Brown Rice (1/2c) Mandarin Oranges (1/2c) Cornbread Milk
21	22	23	24	25
Sausage, Egg, & Cheese English Muffin Homestyle Roasted Potatoes (1/2 cup) Sunrise Orange Juice WG English Muffin Milk/Ketchup	Tuscan Pasta Salad Carrot & Raisin Salad (1/2c) Fresh Orange Dressing Packet WG Dinner Roll Milk/Margarine	Penne Pasta (1/2c) w/meatballs (4) Steamed Mixed Veggies (1/2c) Mandarin Oranges (1/2c) Milk	 NO MEALS ON WHEELS TODAY	 NO MEALS ON WHEELS TODAY
28	29	30	31	1-Jan
Meatloaf w/Gravy (2oz) Mashed Potatoes (1/2c) Sweet Peas (1/2c) WG Dinner Roll Milk/Margarine	Bologna & Cheese Sandwich 3 Bean Salad (1/2c) Mandarin Oranges (1/2c) Lettuce/Tomato 2 WG Bread Slices Milk/Mayo	Veggie Lasagna Roll-Up in cream sauce Peperonata w/Tomatoes (1/2c) Diced Pears (1/2c) Breadstick Milk	Pork (3oz) & Sauerkraut (1/4c) Mashed Potatoes (1/2c) Glazed Carrots (1/2c) Pudding WG Dinner Roll Milk/Margarine	 NO MEALS ON WHEELS TODAY

Please call AAA Office no later than the PREVIOUS BUSINESS DAY by 10:30am if you need to cancel your meal! 717-273-9262
¡Llame a la oficina a más tardar el DÍA HÁBIL ANTERIOR antes de las 10:30am si necesita cancelar su comida!