January 2025

Lebanon County Senior Center

Dine-In Only

Monday	Tuesday	Wednesday	Thursday	Friday
The Nutrition Group	January	Happy New Year! 1	2 1 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	3 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
6 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 White Hamburger Bun Fresh Fruit	7 4oz Popcorn Chicken w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	8 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	No Soup & Salad today 9 1c Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 White Bread 1/2c Pudding	10 3oz Chicken Alfredo (2oz Sauce) 1/2c Noodles 1c Tossed Salad 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
13 3 Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	14 Chicken Bacon Carbonara (3oz Chicken, 1/2ox Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	15 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	Soup & Sandwich 16 Chicken Corn Chowder Tomato Vegetarian Vegetable Chicken Salad sandwich Chicken Salad & Bun Lettuce, Onion, Tomato Coleslaw Coconut Cream Cake	17 3oz Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
20 Sweet & Sour Pork (4) 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	21 Tuna Salad Sandwich (4oz) 1c Cream of Broccoli Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit	22 1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 White Sandwich Bun 1/2c Pineapple Delight	MS Soup & Salad Bar, Lunch & Learn 23 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	24 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Fruit Crisp
27 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges	28 Vegetable Lasagna 1c Tossed Salad 1 Breadstick 1/2c Pineapple 1 Cookie	29 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	30 3oz Swiss Steak w/ Gravy 1/2c Buttered Noodles 1/2c Spinach 1 Dinner Roll Fresh Fruit	31 3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding *menu subject to change