






October

Adams County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Baked Chicken w/ Gravy 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>3</p> <p>Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits</p> <p></p>	<p>4</p> <p>Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches</p>	<p>5</p> <p>Cheeseburger w/ Lettuce & Tomato 1/2c Ranch Potatoes 1/2c Green Beans Sandwich Roll 1/2c Peaches</p>	<p>6</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>9</p> <p>COLUMBUS DAY HOLIDAY</p>	<p>10</p> <p>Cheeseburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit</p> <p></p>	<p>11</p> <p>Creamy Chicken Salad Sandwich Lettuce & Tomato 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Cinnamon Applesauce</p>	<p>12</p> <p>Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>13</p> <p>Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1/2c Mixed Fruit</p>
<p>16</p> <p>Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples</p>	<p>17</p> <p>Sweet & Sour Meatballs 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>18</p> <p>Stuffed Pepper Casserole 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding</p>	<p>19</p> <p>Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Green Beans 1 White Bread 1/2c Peaches</p> <p></p>	<p>20</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>
<p>23</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears</p>	<p>24</p> <p>Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Three Bean Salad 1 Dinner Roll 1/2c Gelatin</p>	<p>25</p> <p>BBQ Chicken Breast 1/2c Sweet Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>26</p> <p>Tuna Salad Sandwich w/lettuce & tomato 1/2c Potato Salad 2 White Bread Fresh Orange</p>	<p>27</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie</p>
<p>30</p> <p>Pot Roast w/ Gravy 1/2c Parsley Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>31</p> <p>Happy Halloween! Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit</p>		<p>menu subject to change based on availability</p>	



LITTLESTOWN AREA SENIOR CENTER

Tina Pate
Site Manager
717-359-7743

September 2023

10 Locust Street
P.O. Box 81
Littlestown, PA
17340

Monday – Friday, 8:00 AM – 12:30 PM

Mon	Tue	Wed	Thu	Fri
<p>***Lunch is served daily at 11:30***</p>				<p>1</p> <p>10:30 Cooking w/Chef Reis (sign up)</p>
<p>4</p> <p>Center Closed</p>	<p>5</p> <p>Cards & Games</p>	<p>6</p> <p>11:00 Board Meeting</p>	<p>7</p> <p>10:00 Speaker Elder Financial Abuse D. Handley</p>	<p>8</p> <p>9:30 Breakfast at Perkins</p> <p>Center Closed</p>
<p>11</p> <p>9:45 Bingo</p>	<p>12</p> <p>10:00 Speaker Native Bees P. Haze</p>	<p>13</p> <p>10:00 Speaker Carlisle Indian School D. Smith</p>	<p>14</p> <p>10:00 Pivot 10:00 Operation Christmas Child w/Wendy</p>	<p>15</p> <p>Speaker: 10:00 Butterflies Codorus Ranger</p>
<p>18</p> <p>9:00 Picnic @ the Park (sign up) Center Closed</p>	<p>19</p> <p>10:00 Speaker Bird Feeding L. Mansberger 10:00 Blood Pressure Screening</p>	<p>20</p> <p>10:00 Speaker Milkman Memories J. Crist</p>	<p>21</p> <p>11:00 Tea Party C. Codori-Shultz</p>	<p>22</p> <p>10:00 HOPE Dogs Zella Anderson</p>
<p>25</p> <p>9:45 Bingo</p>	<p>26</p> <p>Cards & Games</p>	<p>27</p> <p>9:45 Painting w/Pat (sign up)</p>	<p>28</p> <p>10:00 Operation Christmas Child w/Inez</p>	<p>29</p> <p>Dine-out Farnsworth House Center Closed</p>