

LINCOLN SENIOR NUTRITION MENU APRIL, 2021

For Additional Information Call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>LOW-FAT MILK IS SERVED DAILY</p>	<p>1 SPAGHETTI w/MEAT SAUCE GOLDEN CORN GREEN BEANS PINEAPPLE</p>	<p>2 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES</p>
<p>5 POLISH DOG SAUERKRAUT RED POTATOES BEAN MEDLEY WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>6 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS APPLES & CARROTS CRANBERRIES</p>	<p>7 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS FRUIT w/JELLO</p>	<p>8 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>	<p>9 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS SWEET PEACHES WHOLE GRAIN BREAD</p>
<p>12 FISH PATTY ON A BUN MIXED VEGETABLES DINNER SALAD MANDARIN ORANGES</p>	<p>13 <u>BIRTHDAY DINNER</u> HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL SWEET PEARS BIRTHDAY CAKE</p>	<p>14 CHICKEN-N-STUFFING GREEN BEANS SWEET YAMS SPICED APPLES</p>	<p>15 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>16 HAMBURGER WRAP MEXICAN BEANS TOSSED SALAD PINEAPPLE</p>
<p>19 BBQ CHICKEN SANDWICH RED POTATOES BAKED BEANS FRUIT SALAD</p>	<p>20 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES</p>	<p>21 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS DESSERT</p>	<p>22 BEEF GOULASH w/TOMATOES PEAS & CARROTS MANDARIN ORANGES</p>	<p>23 CHICKEN w/BROWN RICE GREEN BEANS TOSSED SALAD APPLESAUCE</p>
<p>26 SLOPPY JOES ON A BUN BAKED BEANS TATER TOTS DICED BEETS MANDARIN ORANGES</p>	<p>27 CHICKEN ROLL UP GREEN PEAS CRANBERRIES GOLDEN PEARS</p>	<p>28 HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE</p>	<p>29 PORK ROAST MASHED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRUIT CRISP</p>	<p>30 MONTANA PASTIES GOLDEN CORN BEAN SALAD SWEET PEACHES</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.