







LINCOLN SENIOR NUTRITION MENU --- July 2021

For Reservations Call 362-4504

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Low-fat milk is served daily</p>	<p>1 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES</p>	<p>2 CLOSED Juneteenth observed</p> 
<p>5 CLOSED – 4TH OF JULY OBSERVED</p>  <p>Happy 4th of July</p>	<p>6 POLISH DOG SAUERKRAUT RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS</p>	<p>7 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE</p>	<p>8 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS SPICED APPLES COOKIE</p>	<p>9 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE</p>
<p>12 HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>13 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES BIRTHDAY CAKE</p>	<p>14 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES</p>	<p>15 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>	<p>16 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES</p>
<p>19 FISH PATTY ON A BUN MIXED VEGETABLES COLESLAW FRUIT w/JELLO</p>	<p>20 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>21 TATER TOT CASSEROLE GREEN PEAS TOSSED SALAD MANDARIN ORANGES</p>	<p>22 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT</p>	<p>23 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT</p>
<p>26 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD</p>	<p>27 MEXICAN BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS CINNAMON ROLL</p>	<p>28 CHICKEN w/BROWN RICE GREEN BEANS SWEET CORN APPLESAUCE</p>	<p>29 CORNED BEEF w/SAUERKRAUT RED POTATOES CARROT COINS WHOLE GRAIN ROLL GOLDEN PEARS</p>	<p>30 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS PINEAPPLE</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, R.D.N. Cassandra Drynan R.D.N.

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