

# LINCOLN SENIOR CENTER MENU

## SEPTEMBER, 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>LABOR DAY</b> <b>CLOSED</b> 	<b>3</b> POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROTS FRUIT SALAD	<b>4</b> TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES	<b>5</b> CHICKEN NOODLE SOUP GRILLED CHEESE CARROT COINS BEAN SALAD FRUIT w/JELLO	<b>6</b> CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS
<b>9</b> CHICKEN-N-STUFFING GREEN BEANS DICED BEETS SPICED APPLES	<b>10</b> <u>BIRTHDAY DINNER</u> CHEESEBURGER LETTUCE/TOMATO/PICKLE TATER TOTS BAKED BEANS FRUIT SALAD CAKE & ICE CREAM	<b>11</b> BAKED CHICKEN RICE PILAF BRUSSELS SPROUTS APPLES & CARROTS CRANBERRIES	<b>12</b> FISH PATTY MIXED VEGETABLES BEAN SALAD WHOLE GRAIN ROLL SWEET PEARS	<b>13</b> HAMBURGER PATTY w/GRAVY MASHED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES & PEARS
<b>16</b> BBQ CHICKEN SANDWICH BAKED BEANS COLESLAW FRUIT SALAD	<b>17</b> DIANE'S MEATLOAF MASHED POTATOES SWEET CORN WHOLE GRAIN ROLL PLUMP PEACHES	<b>18</b> TACO SALAD MEXICAN BEANS PINEAPPLE ICE CREAM	<b>19</b> PORK CHOW MEIN BROWN RICE ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS	<b>20</b> CHICKEN ROLL UP GREEN BEANS TOSSED SALAD APPLESauce
<b>23</b> CHICKEN w/BROWN RICE GREEN PEAS APPLES & CARROTS GOLDEN PEARS	<b>24</b> HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESauce	<b>25</b> SPAGHETTI w/MEAT SAUCE GOLDEN CORN COLESLAW SWEET PEACHES	<b>26</b> BAKED COD RED POTATOES DINNER SALAD WHOLE GRAIN ROLL FRUIT CRISP	<b>27</b> SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS PINEAPPLE
<b>30</b> BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES				

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.

Meals served with 1% Milk & Coffee