




LINCOLN SENIOR CENTER MENU - AUGUST 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED HAM SWEET POTATOES BRUSSELS SPROUTS WHOLE WHEAT ROLL APPLESAUCE	2 DIANE'S MEATLOAF GOLDEN CORN GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES ICE CREAM
5 CHICKEN SANDWICH BAKED BEANS RED POTATOES GOLDEN PEARS	6 PORK ROAST MASHED POTATOES SWEET CORN WHOLE GRAIN ROLL APPLESAUCE	7 SPAGHETTI W/MEAT SAUCE GREEN BEANS PICKLED BEETS FRUIT SALAD	8 CHICKEN ROLLUPS MEXICAN BEANS COLESLAW FRUIT-N-PUDDING	9 HAM & POTATO SOUP GRILLED CHEESE SANDWICH TOSSED SALAD JUICY PEACHES
12 POLISH SAUSAGE SAUERKRAUT RED POTATOES 4 BEAN SALAD APRICOTS	13 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES CAKE & ICE CREAM	14 TATER TOT CASSEROLE CARROT COINS CRISP COLESLAW MIXED FRUIT	15 BBQ PORK RED POTATOES SWEET CORN VEGGIE SALAD GOLDEN PEARS	16 FISH PATTY ON A BUN TATER TOTS GREEN BEANS FRESH FRUIT
19 HAMBURGER ON A BUN LETTUCE/TOMATO/PICKLE TATER TOTS BAKED BEANS FRESH FRUIT	20 LIVER & ONIONS RED POTATOES MIXED VEGGIES WHOLE GRAIN ROLL GOLDEN PEARS	21 HAM & SCALLOPED POTATOES GREEN PEAS DINNER SALAD APRICOTS	22 CHICKEN-N-STUFFING CARROTS & APPLES PICKLED BEETS FRUIT W/JELLO	23 CHILI CON CARNE PB&J SANDWICH TOSSED SALAD SWEET PEACHES
26 BEEF GOULASH W/KIDNEY BEANS GARLIC BREAD SWEET CORN MIXED FRUIT	27 BBQ CHICKEN MACARONI & CHEESE BAKED BEANS COLESLAW GOLDEN PEARS	28 HAMBURGER ROLLUPS MEXICAN BEANS MIXED VEGGIES FRUIT SALAD	29 HAM & BEAN SOUP GRILLED CHEESE TOSSED SALAD PLUMP PEACHES PUDDING	30 BAKED COD RED POTATOES GREEN BEANS WHOLE GRAIN ROLL APRICOT HALVES

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, R.D.N.

Meals served with 1% Milk & Coffee