

LINCOLN SENIOR CENTER MENU OCTOBER 2019

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS CRANBERRIES BAKED APPLES	2 ROASTED CHICKEN RICE PILAF HERBED CARROTS GREEN BEANS FRUIT W/PUDDING	3 PB&J SANDWICH w/CHILI DICED BEETS FRUIT SALAD	4 CHICKEN NOODLE SOUP APPLES & CARROTS WHOLE GRAIN ROLL FRESH FRUIT
7 HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS CINNAMON APPLESAUCE	8 <u>BIRTHDAY DINNER</u> CHICKEN-N-STUFFING GREEN BEANS CRANBERRIES JUICY PEARS CAKE & ICE CREAM	9 BEEF GOULASH GOLDEN CORN DICED BEETS PINEAPPLE	10 HAM & BEAN SOUP GRILLED CHEESE SANDWICH MIXED VEGETABLES COLESLAW SWEET PEACHES	11 FISH PATTY w/WILD RICE BROCCOLI SPEARS TOSSED SALAD FRUIT SALAD
14 TACO SALAD MEXICAN BEANS SWEET PEACHES ICE CREAM	15 CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD	16 PORK ROAST MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL BAKED APPLES	17 DIANE'S MEATLOAF MASHED POTATOES SWEET CORN DINNER SALAD CRANBERRIES	18 BBQ PORK SANDWICH BAKED BEANS CREAMY COLESLAW PINEAPPLE
21 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS	22 HAMBURGER ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT COOKIE	23 CHICKEN SANDWICH BAKED BEANS PICKLED BEETS APPLESAUCE	24 SPAGHETTI w/MEAT SAUCE GOLDEN CORN GREEN BEANS PINEAPPLE	25 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES
28 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	29 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS APPLES & CARROTS CRANBERRIES	30 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES	31 <u>HALLOWEEN</u> ZOMBIE NOODLES-N-PORK GARLIC VEGGIES FROG EYE SALAD VAMPIRE JELLO	PORK CHOW MEIN ORIENTAL VEGGIES BEAN SALAD FRUIT w/STRAWBERRY JELLO 

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