

LINCOLN SENIOR CENTER MENU --- July 2019

For Additional Information Call 362-4504



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> <p>CHICKEN SANDWICH BAKED BEANS RED POTATO SALAD MIXED FRUIT</p>	<p style="text-align: center;">2</p> <p>HAMBURGER PATTY MASHED POTATOES GOLDEN CORN WHEAT ROLL APPLESAUCE</p>	<p style="text-align: center;">3</p> <p>BAKED HAM SWEET POTATOES GREEN BEANS COLESLAW SWEET PEACHES</p>	<p style="text-align: center;">4</p> <p style="text-align: center;"><u>CLOSED</u></p> 	<p style="text-align: center;">5</p> <p style="text-align: center;"><u>CLOSED</u></p> 
<p style="text-align: center;">8</p> <p style="text-align: center;"><u>MEETING DAY</u></p> <p>HAM & BEAN SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD APRICOTS</p>	<p style="text-align: center;">9</p> <p style="text-align: center;"><u>BIRTHDAY DINNER</u></p> <p>HAMBURGER ON A BUN TATER TOTS BAKED BEANS FRUIT SALAD CHERRY CAKE</p>	<p style="text-align: center;">10</p> <p>BBQ PORK MACARONI SALAD SWEET CORN VEGGIE SALAD JUICY PEARS</p>	<p style="text-align: center;">11</p> <p>CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS WHEAT ROLL CRANBERRIES</p>	<p style="text-align: center;">12</p> <p>CHILI CON CARNE PB&J SANDWICH TOSSED SALAD FRESH FRUIT</p>
<p style="text-align: center;">15</p> <p>FISH PATTY ON A BUN RED POTATOES GREEN BEANS PEACHES & ICE CREAM</p>	<p style="text-align: center;">16</p> <p>PORK ROAST MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL APPLESAUCE</p>	<p style="text-align: center;">17</p> <p>GOULASH w/KIDNEY BEANS GARLIC BREAD SWEET CORN APRICOTS</p>	<p style="text-align: center;">18</p> <p>BBQ CHICKEN MAC-N-CHEESE BAKED BEANS GARDEN SALAD BLUSHING PEARS</p>	<p style="text-align: center;">19</p> <p>DIANE'S MEATLOAF MASHED POTATOES GREEN PEAS WHEAT ROLL CRANBERRIES</p>
<p style="text-align: center;">22</p> <p>CHICKEN w/STUFFING APPLES & CARROTS TOSSED SALAD WHOLE GRAIN ROLL CRANBERRIES</p>	<p style="text-align: center;">23</p> <p>TATER TOT CASSEROLE GREEN PEAS PURPLE BEETS ORANGE PEACHES</p>	<p style="text-align: center;">24</p> <p>HAM & SCALLOPED POTATOES CARROT COINS LETTUCE SALAD JUICY PEARS</p>	<p style="text-align: center;">25</p> <p>HAMBURGER ROLL-UP MEXICAN BEANS APRICOTS PUDDING</p>	<p style="text-align: center;">26</p> <p>POLISH SAUSAGE SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE</p>
<p style="text-align: center;">29</p> <p>CHEESEBURGER ON A BUN TATER TOTS BAKED BEANS FRUIT MIX</p>	<p style="text-align: center;">30</p> <p>CHICKEN w/BROWN RICE STEAMED CARROTS BROCCOLI SPEARS BAKED APPLES</p>	<p style="text-align: center;">31</p> <p>BBQ PORK RED POTATOES COLESLAW WHOLE GRAIN ROLL APRICOTS</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.

Meals are served with Low Fat Milk & Coffee.