








LINCOLN SENIOR NUTRITION MENU --- July 2022

For More Information Call: (406) 362-4504

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low-fat milk is delivered daily and served daily at the Dinner Club</p>				<p>1 CLOSED</p> 
<p>4 CLOSED</p>  <p><i>Happy 4th of July</i></p>	<p>5 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD</p>	<p>6 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES</p>	<p>7 MEATBALLS w/SAUERKRAUT RED POTATOES WHOLE GRAIN ROLL GOLDEN PEARS</p>	<p>8 BBQ PORK SANDWICH BAKED BEANS CREAMY COLESLAW PINEAPPLE DESSERT</p>
<p>11 SLOPPY JOES ON A BUN BAKED BEANS PURPLE BEETS APPLESAUCE</p>	<p>12 BIRTHDAY DINNER HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES BIRTHDAY CAKE</p>	<p>13 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES & PEARS</p>	<p>14 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE</p>	<p>15 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES</p>
<p>18 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>19 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES</p>	<p>20 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES DESSERT</p>	<p>21 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>	<p>22 HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS MANDARIN ORANGES</p>
<p>25 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO</p>	<p>26 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>27 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS MANDARIN ORANGES</p>	<p>28 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT</p>	<p>29 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT</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.

