

LINCOLN SENIOR CENTER MENU JANUARY 2020

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>CLOSED</u> 	2 DIANE'S MEATLOAF SWEET POTATOES SWEET CORN GREEN BEANS CRANBERRIES	3 BBQ PORK SANDWICH BAKED BEANS PURPLE BEETS PINEAPPLE
6 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS	7 HAMBURGER ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT COOKIE	8 CHICKEN PATTY ON A BUN TATER TOTS COLESLAW APPLESAUCE	9 SPAGHETTI w/MEAT SAUCE GOLDEN CORN GREEN BEANS PINEAPPLE	10 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES
13 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	14 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES CAKE & ICE CREAM	15 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES	16 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE BEAN SALAD PINEAPPLE	17 CHICKEN FRIED STEAK SWEET YAMS GREEN BEANS CRANBERRIES GOLDEN PEARS
20 <u>CLOSED</u> 	21 FISH PATTY ON A BUN MIXED VEGETABLES DINNER SALAD SWEET PEARS	22 TACO SALAD MEXICAN BEANS PINEAPPLE CINNAMON ROLL	23 CHICKEN-N-STUFFING GREEN BEANS DICED BEETS SPICED APPLES	24 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
27 BBQ CHICKEN SANDWICH BAKED BEANS APPLES & CARROTS FRUIT SALAD	28 BEEF GOULASH GOLDEN CORN GREEN PEAS FRUIT w/JELLO	29 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS JUICY PEARS	30 LIVER & ONIONS RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	31 CHICKEN ROLL UP GREEN BEANS SWEET CORN APPLESAUCE

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, RDN.
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.