
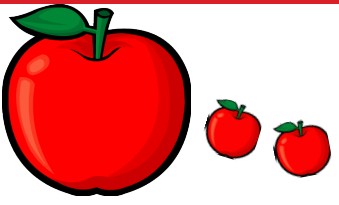
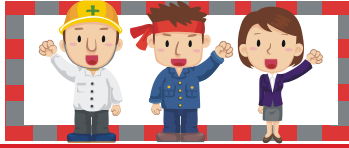


LINCOLN SENIOR NUTRITION MENU - SEPTEMBER, 2022

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 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD</p>	<p>2 BBQ PORK SANDWICH BAKED BEANS APPLES & CARROTS PINEAPPLE DESSERT</p>
<p>5 LABOR DAY CLOSED</p> 	<p>6 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE</p>	<p>7 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES</p>	<p>8 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES & PEARS</p>	<p>9 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE COOKIE</p>
<p>12 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>13 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES BIRTHDAY CAKE</p>	<p>14 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES</p>	<p>15 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE</p>	<p>16 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES</p>
<p>19 FISH PATTY ON A BUN MIXED VEGETABLES COLESLAW FRUIT w/JELLO</p>	<p>20 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>21 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS MANDARIN ORANGES</p>	<p>22 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT</p>	<p>23 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT</p>
<p>26 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD</p>	<p>27 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES</p>	<p>28 CHICKEN w/BROWN RICE BROCCOLI & CAULIFLOWER BEAN SALAD APPLESAUCE DESSERT</p>	<p>29 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>30 BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS</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, RDN *Cassandra Drynan, R.D.N.*

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