




# LINCOLN SENIOR CENTER MENU MARCH, 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 CHICKEN FRIED STEAK MASHED POTATOES GREEN PEAS WHOLE GRAIN ROLL CRANBERRIES	5 HAMBURGER ON A BUN LETTUCE/TOMATO/PICKLES TATER TOTS BAKED BEANS APPLESAUCE	6 CHICKEN CHOW MEIN BROWN RICE MIXED VEGGIES DICED BEETS GOLDEN PEARS	7 HAM & BEAN SOUP GRILLED CHEESE LETTUCE/TOMATO PEACH COBBLER	1 BAKED HAM SWEET POTATOES GREEN BEANS WHOLE GRAIN ROLL CINNAMON APPLES
11 <u>MEETING DAY</u> POLISH SAUSAGE WHOLE WHEAT ROLL SAUERKRAUT RED POTATOES GREEN BEANS SWEET PEACHES	12 <u>BIRTHDAY DINNER</u> HAMBURGER ROLL-UPS MEXICAN BEANS COLESLAW PINEAPPLE CHOCOLATE CAKE	13 <u>ST PATTY'S DAY DINNER</u> CORNED BEEF & CABBAGE IRISH POTATO LUCKY CARROT COINS BLARNEY STONE ROLL CINNAMON SPICED APPLES	14 CHICKEN WITH RICE MIXED VEGGIES PICKLED BEETS APPLE/BLUEBERRY DESSERT	8 FISH PATTY RED POTATOES GREEN BEANS COLESLAW FRUIT
18 HAMBURGER ON A BUN LETTUCE/ONION TATER TOTS BAKED BEANS MIXED FRUIT	19 CHICKEN-N-STUFFING SWEET CORN MIXED VEGETABLES CRANBERRIES	20 TACO SALAD MEXICAN BEANS BLUSHING PEARS CINNAMON ROLLS	21 BBQ PORK BAKED POTATO GOLDEN CORN COLESLAW PINEAPPLE	15 ROAST PORK MASHED POTATOES GREEN PEAS WHOLE GRAIN ROLL APPLESAUCE
25 DIANE'S MEATLOAF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	26 BAKED COD WILD RICE STEAMED CARROTS BROCCOLI SPEARS FRUIT SALAD	27 BAKED SPAGHETTI MIXED VEGGIES LETTUCE SALAD SWEET PEACHES  <u>COMMODITIES</u>	28 CHICKEN SANDWICH RED POTATOES BAKED BEANS LETTUCE SALAD APPLE CRISP	22 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE GARDEN SALAD FRUIT MEDLEY
				29 BAKED HAM SCALLOPED POTATOES SWEET CORN DICED BEETS JUICY PEARS

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 \$4.00 and under 60 years \$7.00. MEALS ARE SERVED WITH LOW FAT MILK & COFFEE.