



LINCOLN SENIOR NUTRITION MENU - NOVEMBER 2021



For Reservations Call: 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD	2 CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL PLUMP PEACHES	3 CHILI CON CARNE PB&J SANDWICH COLESLAW SWEET PEARS	4 <u>THANKSGIVING DINNER</u> ROAST TURKEY MASHED POTATOES BREAD STUFFING GREEN BEANS CRANBERRIES DESSERT	5 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS PINEAPPLE
8 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	9 <u>BIRTHDAY DINNER</u> BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL FRUIT SALAD BIRTHDAY CAKE	10 BRUSSELS SPROUT MEATBALLS w/SAUERKRAUT RED POTATOES WHOLE GRAIN ROLL GOLDEN PEARS	11 CLOSED-VETERANS DAY 	12 HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS MANDARIN ORANGES
15 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW APPLESAUCE	16 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS	17 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS SPICED APPLES COOKIE	18 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	19 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES
22 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	23 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS APPLES & CARROTS CRANBERRIES	24 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES DESSERT	25 <u>CLOSED - THANKSGIVING</u> 	26 <u>CLOSED</u> <i>Be Thankful</i> 
29 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO	30 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES	 Low-fat Milk is served daily		

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.