

LINCOLN SENIOR CENTER MENU JANUARY 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 CLOSED</p> 	<p>2 POLISH SAUSAGE W/SAUERKRAUT RED POTATOES GREEN BEANS PINEAPPLE ICE CREAM</p>	<p>3 BAKED SPAGHETTI MIXED VEGGIES BEAN MEDLEY FRUIT SALAD COOKIE</p>	<p>4 BAKED HAM SWEET YAMS STEAMED VEGGIES PICKLED BEETS SWEET PEACHES</p>
<p>7 CHILI CON CARNE PB&J SANDWICH BROCCOLI SLAW FRUIT BLEND COOKIES</p>	<p>8 BIRTHDAY DINNER BAKED CHICKEN BREAD STUFFING MASHED POTATOES SWEET CORN DICED BEETS PEACH CAKE</p>	<p>9 HAMBURGERS ON A BUN LETTUCE & ONION TATER TOTS BAKED BEANS JUICY PEARS</p>	<p>10 BBQ PORK RED POTATOES GOLDEN CORN CRISP COLESLAW PINEAPPLE</p>	<p>11 BAKED COD WILD RICE MIXED VEGGIES CARROT COINS APPLE RINGS ICE CREAM</p>
<p>14 MEETING DAY HAMBURGER PATTY MASHED POTATOES & GRAVY GREEN BEANS PICKLED BEETS GOLDEN PEARS</p>	<p>15 PORK ROAST MASHED POTATOES GOLDEN CORN WHOLE GRAIN ROLL APPLESAUCE</p>	<p>16 BAKED GOULASH MIXED VEGGIES ZESTY PINEAPPLE ICE CREAM</p>	<p>17 HAM & BEAN SOUP GRILLED CHEESE SANDWICH VEGGIE SALAD SWEET PEACHES</p>	<p>18 CHICKEN W/RICE BROCCOLI SPEARS MIXED VEGGIES CRANBERRIES PUDDING</p>
<p>21 CLOSED</p> 	<p>22 CHICKEN FRIED STEAK MASHED POTATOES STEAMED CARROTS DICED BEETS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>23 TATERTOT CASSEROLE GREEN BEANS CRANBERRIES SWEET PEARS</p>	<p>24 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE SANDWICH BEAN MEDLEY FRUIT SALAD ICE CREAM</p>	<p>25 HAM & SCALLOPED POTATOES SWEET CORN WHOLE GRAIN ROLL FRUIT SALAD COOKIE</p>
<p>28 TACO SALAD MEXICAN BEANS GOLDEN PEARS CINNAMON ROLL</p>	<p>29 PORK CHOW MEIN BROWN RICE MIXED VEGGIES PICKLED BEETS FRUIT W/PUDDING</p>	<p>30 DIANE'S MEATLOAF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>31 CHICKEN SANDWICH TATER TOTS BAKED BEANS PINEAPPLE</p>	

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.

Meals served with 1% Milk & Coffee.