

LINCOLN SENIOR NUTRITION MENU FEBRUARY, 2021

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Low-fat milk is served daily			
1 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS	2 SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS APPLESAUCE 	3 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT COOKIE	4 SPAGHETTI w/MEAT SAUCE GOLDEN CORN GREEN BEANS PINEAPPLE	5 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES
8 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	9 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD w/BEANS CRANBERRIES BIRTHDAY CAKE	10 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES	11 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	12 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS
15 CLOSED 	16 FISH PATTY ON A BUN MIXED VEGETABLES DINNER SALAD w/BEANS FRUIT w/JELLO	17 BRUSSELS SPROUT MEATBALLS BROWN RICE PEAS & CARROTS PURPLE BEETS APPLESAUCE	18 CHICKEN-N-STUFFING GREEN BEANS SWEET YAMS SWEET PEARS	19 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
22 CHICKEN w/BROWN RICE GREEN BEANS APPLES & CARROTS FRUIT SALAD	23 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES	24 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS	25 MEXICAN GOULASH w/BEANS SWEET CORN CARROT COINS PINEAPPLE CINNAMON ROLL	26 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS 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.