

LINCOLN SENIOR CENTER MENU

JULY, 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CHICKEN SANDWICH TATER TOTS BAKED BEANS MANDARIN ORANGES ICE CREAM</p>	<p>3</p> <p>CHILI CON CARNE PB&J SANDWICH LETTUCE SALAD PLUMP PEACHES</p>	<p>4</p> <p><u>CLOSED</u></p> 	<p>5</p> <p>HOT DOGS BAKED BEANS POTATO SALAD FRESH FRUIT COOKIE</p>	<p>6</p> <p>MEATLOAF MASHED POTATOES GARDEN PEAS DICED BEETS GOLDEN PEARS</p>
<p>9</p> <p><u>MEETING DAY</u> CHICKEN FRIED STEAK MASHED POTATOES GREEN PEAS MIXED FRUIT</p>	<p>10</p> <p><u>BIRTHDAY DINNER</u> TATER TOT CASSEROLE GREEN BEANS CRANBERRIES COOKIE</p>	<p>11</p> <p>BAKED HAM SWEET POTATOES GOLDEN CORN FRUIT SALAD ICE CREAM</p>	<p>12</p> <p>BAKED SPAGHETTI STEAMED CARROTS TOSSED SALAD w/BEANS APPLE RINGS</p>	<p>13</p> <p>FISH SANDWICH TATER TOTS COLESLAW PEACHES PUDDING</p>
<p>16</p> <p>HAM & SCALLOPED POTATOES PARSLEY CARROTS PICKLED BEETS PEACHES & CREAM</p>	<p>17</p> <p>CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE LETTUCE SALAD PINEAPPLE JELLO</p>	<p>18</p> <p>SLOPPY JOES TATER TOTS BAKED BEANS COLESLAW FRESH FRUIT</p>	<p>19</p> <p>CHICKEN CHOW MEIN w/ORIENTAL VEGETABLES GARDEN PEAS APPLESAUCE COOKIES</p>	<p>20</p> <p>HUNGARIAN GOULASH MIXED VEGGIES GREEN SALAD FRUIT SALAD ICE CREAM</p>
<p>23</p> <p>HAMBURGERS w/LETTUCE & TOMATO TATER TOTS BAKED BEANS GOLDEN PEARS</p>	<p>24</p> <p>BAKED CHICKEN BROWN RICE STEAMED CARROTS CRANBERRIES SWEET PEACHES</p>	<p>25</p> <p>PORK ROAST MASHED POTATOES GREEN BEANS APPLESAUCE ICE CREAM</p>	<p>26</p> <p>HAMBURGER ROLL-UPS MEXICAN BEANS CARROT RAISIN SALAD FRUIT SALAD COOKIE</p>	<p>27</p> <p>HAM & BEAN SOUP WHOLE GRAIN ROLL PURPLE BEETS VEGGIE SALAD PINEAPPLE</p>
<p>30</p> <p>BBQ PORK RED POTATOES SWEET CORN APPLE RINGS ICE CREAM</p>	<p>31</p> <p>POLISH SAUSAGE SAUERKRAUT BAKED BEANS CARROT COINS FRUIT SALAD ICE CREAM</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, R.D.N.

Meals served with 1% Milk, Orange Juice, Coffee, Wheat Bread and Margarine