



LINCOLN SENIOR NUTRITION MENU - MAY 2022



For More Information Call: (406) 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	3 BBQ CHICKEN SANDWICH BAKED BEANS PURPLE BEETS PINEAPPLE	4 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD	5 MEXICAN BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS	6 <u>MOTHER'S DAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES DESSERT
9 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE	10 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES BIRTHDAY CAKE	11 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES & PEARS	12 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	13 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES
16 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	17 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES	18 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES	19 CORNERED BEEF & CABBAGE RED POTATOES CARROT COINS WHOLE GRAIN ROLL PINEAPPLE DESSERT	20 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES
23 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO	24 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES	25 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS MANDARIN ORANGES	26 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT	27 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
30 <u>CLOSED</u> 	31 CHICKEN w/BROWN RICE BROCCOLI & CAULIFLOWER BEAN SALAD APPLESAUCE		Low-fat milk is delivered daily and served daily at the Dinner Club	

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 and under 60 years \$7.00.