




# LINCOLN SENIOR CENTER MENU APRIL, 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BAKED HAM SWEET POTATOES GREEN BEANS WHOLE GRAIN ROLL CINNAMON APPLES	2 FISH PATTY ON A BUN RED POTATOES STEAMED CARROTS PINEAPPLE PUDDING	3 TATER TOT CASSEROLE GREEN PEAS VEGETABLE MEDLEY CRANBERRIES	4 CHICKEN W/RICE MIXED VEGGIES PICKLED BEETS SWEET PEACHES	5 HAM & BEAN SOUP GRILLED CHEESE SANDWICH CARROT COINS FRUIT SALAD
8 CORNED BEEF & SAUERKRAUT RED POTATOES LETTUCE SALAD WHOLE GRAIN ROLL PEACHES & COTTAGE CHEESE	9 <u>BIRTHDAY LUNCH</u> ROAST PORK MASHED POTATOES GREEN PEAS CRANBERRIES SPICE CAKE	10 CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL APPLESAUCE	11 PORK CHOW MEIN BROWN RICE MIXED VEGGIES DICED BEETS BLUSHING PEARS	12 CHILI CON CARNE PEANUT BUTTER & JELLY SANDWICHES COLESLAW FRUIT SALAD
15 HAMBURGER ON A BUN LETTUCE & TOMATO BAKED BEANS COLESLAW JUICY PEARS	16 CHICKEN W/STUFFING SWEET CORN GREEN BEANS CRANBERRIES	17 TACO SALAD MEXICAN BEANS BAKED APPLES CINNAMON ROLL	18 LIVER & ONIONS RED POTATOES HERBED CARROTS WHOLE GRAIN ROLL APPLESAUCE	19 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS PLUMP PEACHES
22 POLISH SAUSAGE SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MIXED FRUIT	23 HAMBURGER PATTY MASHED POTATOES GOLDEN CORN TOSSED SALAD CRANBERRIES	24 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE SANDWICH VEGGIE SALAD SWEET PEACHES	25 HAMBURGER ROLL-UPS LETTUCE & TOMATO MEXICAN BEANS ZESTY PINEAPPLE	26 CHILI DOG ON A BUN TATER TOTS CARROT COINS FRUIT SALAD COOKIE
29 DIANE'S MEATLOAF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	30 BAKED COD WILD RICE W/VEGGIES GREEN PEAS FRUIT SALAD ICE CREAM			

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 \$4.00 and under 60 years \$7.00. MEALS ARE SERVED WITH LOW FAT MILK & COFFEE.