









LINCOLN SENIOR NUTRITION MENU - NOVEMBER 2020



For Additional Information call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BBQ CHICKEN SANDWICH BAKED BEANS APPLES & CARROTS FRUIT SALAD</p>	<p>3</p> <p><u>ELECTION DAY</u> HAM & SCALLOPED POTATOES CARROT COINS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>4</p> <p>PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS COOKIE</p>	<p>5</p> <p>DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES</p>	<p>6</p> <p><u>THANKSGIVING DINNER</u> BAKED TURKEY MASHED POTATOES GREEN BEANS SWEET CORN CRANBERRIES</p>
<p>9</p> <p>BAKED COD RED POTATOES DINNER SALAD WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>10</p> <p><u>BIRTHDAY DINNER</u> SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS MIXED FRUIT BIRTHDAY CAKE</p>	<p>11</p> <p><u>CLOSED - VETERAN'S DAY</u> </p>	<p>12</p> <p>CHICKEN w/BROWN RICE GREEN PEAS CRANBERRIES GOLDEN PEARS</p>	<p>13</p> <p>BAKED SPAGHETTI GOLDEN CORN COLESLAW SWEET PEACHES</p>
<p>16</p> <p>POLISH DOG SAUERKRAUT GREEN BEANS GOLDEN CORN WHOLE GRAIN ROLL PINEAPPLE</p>	<p>17</p> <p>BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES</p>	<p>18</p> <p>HAMBURGER PATTY MASHED POTATOES w/GRAVY DICED BEETS WHOLE GRAIN BREAD FRUIT CRISP</p>	<p>19</p> <p>CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS CRANBERRIES BAKED APPLES</p>	<p>20</p> <p>TATER TOT CASSEROLE GREEN PEAS GARDEN SALAD FRESH FRUIT</p>
<p>23</p> <p>HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS CINNAMON APPLESauce</p>	<p>24</p> <p>CHICKEN-N-STUFFING GREEN BEANS CRANBERRIES JUICY PEARS</p>	<p>25</p> <p>BEEF GOULASH GOLDEN CORN DICED BEETS FRUIT W/PUDDING</p>	<p>26</p> <p><u>CLOSED - THANKSGIVING</u> </p>	<p>27</p> <p><u>CLOSED</u> </p>
<p>30</p> <p>FISH PATTY W/WILD RICE BROCCOLI SPEARS CARROT COINS FRUIT SALAD</p>	<p>Low-fat Milk is served daily</p> 			

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, R.D.N.*.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.