






# LINCOLN SENIOR CENTER MENU MARCH, 2020

For Additional Information Call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS	3 HAMBURGER ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT COOKIE	4 HAM & BEAN SOUP GRILLED CHEESE PURPLE BEETS APPLESAUCE	5 SPAGHETTI w/MEAT SAUCE GOLDEN CORN GREEN BEANS PINEAPPLE	6 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES
9 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	10 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS DINNER SALAD CRANBERRIES CAKE & ICE CREAM	11 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES	12 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE BEAN SALAD PINEAPPLE	13 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS
16 CHILI CON CARNE GRILLED CHEESE DINNER SALAD FRUIT w/JELLO	17 <u>ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COINS BLARNEY STONE ROLL PLUMP PEACHES	18 CHICKEN-N-STUFFING GREEN BEANS DICED BEETS SPICED APPLES	19 FISH PATTY ON A BUN GOLDEN CORN PEAS & CARROTS SWEET PEARS	20 HAMBURGER PATTY w/GRAVY MASHED POTATOES MIXED VEGGIES TOSSED SALAD PINEAPPLE
23 BAKED HAM SWEET YAMS TOSSED SALAD WHOLE GRAIN ROLL APPLESAUCE	24 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES	25 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS  *COMMODITIES*	26 TACO SALAD MEXICAN BEANS PINEAPPLE CINNAMON ROLL	27 BBQ CHICKEN SANDWICH BAKED BEANS APPLES & CARROTS FRUIT SALAD
30 CHICKEN w/BROWN RICE GREEN PEAS CRANBERRIES GOLDEN PEARS	31 HAMBURGERS ON A BUN BAKED BEANS TATOR TOTS SWEET PEACHES			
				

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.**