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| **LINCOLN SENIOR NUTRITION MENU – June 2023**  **For More Information Call: (406) 362-4504**  \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | Low-fat milk is delivered daily  and served daily at the  Dinner Club | **1**  **PORK CHOW MEIN**  **ORIENTAL VEGETABLES**  **PICKLED BEETS**  **PINEAPPLE** | **2**  **MONTANA PASTIES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **PLUMP PEACHES** |
| **5**  **BAKED HAM**  **SWEET YAMS**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SWEET PEACHES** | **6**  **MEATBALLS W/SAUERKRAUT**  **RED POTATOES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **GOLDEN PEARS** | **7**  **BBQ PORK SANDWICH**  **BAKED BEANS**  **APPLES & CARROTS**  **PINEAPPLE**  **DESSERT** | **8**  **CHICKEN FRIED STEAK**  **MASHED POTATOES**  **DINNER SALAD**  **WHOLE GRAIN BREAD**  **CRANBERRIES** | **9**  **CLOSED**  **STAFF TRAINING** |
| **12**  **SLOPPY JOES ON A BUN**  **BAKED BEANS**  **CRISP COLESLAW**  **APPLESAUCE** | **13**  BIRTHDAY DINNER  **HAM & SCALLOPED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SPICED APPLES**  **BIRTHDAY CAKE** | **14**  **CHICKEN-N-STUFFING**  **MASHED POTATOES**  **GREEN BEANS**  **CRANBERRIES & PEARS** | **15**  **SPAGHETTI W/MEAT SAUCE**  **GOLDEN CORN**  **STEAMED BROCCOLI**  **PINEAPPLE** | **16**  FATHER’S DAY DINNER  **ROAST BEEF**  **MASHED POTATOES**  **STEAMED CARROTS**  **WHOLE GRAIN ROLL**  **JUICY PEACHES**  **DESSERT** |
| **19** | **20**  **POLISH DOG**  **SAUERKRAUT**  **RED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **FRUIT SALAD** | **21**  **DIANE’S MEATLOAF**  **MASHED POTATOES**  **BRUSSELS SPROUTS**  **WHOLE GRAIN BREAD**  **SWEET PEACHES**  **DESSERT** | **22**  **BBQ PORK**  **RED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **PINEAPPLE** | **23**  **HAMBURGER ON A BUN**  **LETTUCE & PICKLE**  **TATER TOTS**  **BAKED BEANS**  **MANDARIN ORANGES** |
| **26**  **FISH PATTY ON A BUN**  **MIXED VEGETABLES**  **/BEAN SALAD**  **JUICY PEARS**  **DESSERT** | **27**  **PORK ROAST**  **MASHED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **28**  **TATER TOT CASSEROLE**  **GREEN PEAS**  **PICKLED BEETS**  **MANDARIN ORANGES** | **29**  **CHICKEN ROLL UP**  **MEXICAN BEANS**  **APPLES & CARROTS**  **FRESH FRUIT** | **30**  **HAMBURGER PATTY W/GRAVY**  **MASHED POTATOES**  **STEAMED CARROTS**  **WHOLE GRAIN ROLL**  **MIXED FRUIT** |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, R.D.N. Cassanda Drynan R.D.N.

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