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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 dailyand served daily at theDinner 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

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, R.D.N. Cassanda Drynan R.D.N.

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