



LINCOLN SENIOR NUTRITION MENU - MAY 2021



For Reservations Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ PORK SANDWICH BAKED BEANS PURPLE BEETS APPLESAUCE	4 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES	5 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES & PEARS COOKIE	6 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	7 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES
10 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	11 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES BIRTHDAY CAKE	12 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES	13 BBQ PORK SWEET POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	14 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES
17 FISH PATTY ON A BUN MIXED VEGETABLES CRISP COLESLAW FRUIT w/JELLO	18 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES	19 TATER TOT CASSEROLE GREEN PEAS TOSSED SALAD MANDARIN ORANGES	20 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT	21 BRUSSELS SPROUT MEATBALLS w/SAUERKRAUT RED POTATOES WHOLE GRAIN ROLL GOLDEN PEARS
24 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD	25 MEXICAN BEEF GOULASH MEXI-CORN PEAS & CARROTS SWEET PEARS CINNAMON ROLL	26 CHICKEN w/BROWN RICE GREEN BEANS SWEET CORN APPLESAUCE	27 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT	28 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS PINEAPPLE
31 <u>CLOSED</u> 			 Low-fat milk is served daily	

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 and under 60 years \$7.00.