
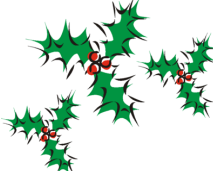

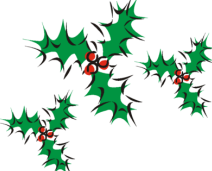







LINCOLN SENIOR CENTER MENU DECEMBER 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>BAKED COD BREAD STUFFING MIXED VEGGIES APPLE RINGS PEACHES</p>	<p>4</p> <p>TATERTOT CASSEROLE GREEN PEAS WG ROLL/BREAD CRANBERRIES ICE CREAM</p>	<p>5</p> <p>CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE SANDWICH PICKLED BEETS FRUIT SALAD COOKIES</p>	<p>6</p>  <p>CHRISTMAS PARTY ROAST BEEF DINNER And all the fixings</p>	<p>7</p> <p>BEEF SANDWICH TATER TOTS BAKED BEANS VEGGIE SALAD</p>
<p>10</p> <p>HAMBURGERS W/ LETTUCE & TOMATO TATER TOTS BAKED BEANS GOLDEN PEARS</p>	<p>11</p> <p>CHICKEN W/RICE MIXED VEGGIES APPLE RINGS SWEET PEACHES</p>	<p>12</p> <p>BAKED SPAGHETTI (Tomato & Onion) GOLDEN CORN COLESLAW W/PINEAPPLE ICE CREAM</p>	<p>13</p> <p>BAKED HAM SWEET POTATOES GREEN BEANS CRANBERRIES</p>	<p>14</p> <p>PORK CHOW MEIN BROWN RICE ORIENTAL VEGGIES DICED BEETS APPLESAUCE DESSERT</p>
<p>17</p> <p>DIANE'S MEATLOAF MASHED POTATOES GARDEN PEAS, WG ROLL APPLESAUCE ICE CREAM</p>	<p>18</p> <p>HAM & SCALLOPED POTATOES SWEET CORN CRANBERRIES JUICY PEARS</p>	<p>19</p> <p>HUNGARIAN GOULASH MIXED VEGGIES PEACHES & CREAM COOKIE</p>	<p>20</p> <p>PORK ROAST MASHED POTATOES GREEN BEANS WG ROLL APPLE RINGS</p>	<p>21</p> <p>CHILI CON CARNE PB&J SANDWICH VEGGIE SALAD MANDARIN ORANGES</p>
<p>24</p> <p><u>CLOSED</u></p> 	<p>25</p> <p><u>CLOSED</u></p> 	<p>26</p> <p><u>CLOSED</u></p> 	<p>27</p> <p>CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WG ROLL CRANBERRIES ICE CREAM</p>	<p>28</p> <p>HAM & BEAN SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD FRUIT</p>
<p>31</p> <p><u>CLOSED</u></p> 				

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.*

Meals are served with Low Fat Milk & Coffee.