



LINCOLN SENIOR NUTRITION MENU --- June 2022

For More Information Call: (406) 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy Father's Day 	1 BBQ PORK SANDWICH BAKED BEANS APPLES & CARROTS PINEAPPLE DESSERT	2 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES	3 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD
6 SLOPPY JOES ON A BUN BAKED BEANS PURPLE BEETS APPLESAUCE	7 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL SPICED APPLES	8 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES & PEARS DESSERT	9 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	10 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES
13 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	14 <u>BIRTHDAY DINNER</u> BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES BIRTHDAY CAKE	15 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES	16 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	17 <u>FATHER'S DAY DINNER</u> DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES DESSERT
20 	21 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT	22 TATER TOT CASSEROLE GREEN PEAS TOSSED SALAD FRUIT w/JELLO	23 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES	24 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
27 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD	28 BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS DESSERT	29 CHICKEN w/BROWN RICE BROCCOLI & CAULIFLOWER BEAN SALAD APPLESAUCE	30 MONTANA PASTIES CARROT COINS WHOLE GRAIN ROLL PLUMP PEACHES	Low-fat milk is delivered daily and served daily at the Dinner Club 

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, R.D.N. *Cassandra Drynan R.D.N.*

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