

# LINCOLN SENIOR CENTER MENU

SEPTEMBER, 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>LABOR DAY</b> <b>CLOSED</b> 	<b>4</b> <b>POLISH SAUSAGE</b> <b>SAUERKRAUT</b> <b>RED POTATOES</b> <b>GREEN BEANS</b> <b>PINEAPPLE</b>	<b>5</b> <b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES</b> <b>GOLDEN CORN</b> <b>GARDEN SALAD</b> <b>ICE CREAM</b>	<b>6</b> <b>HAMBURGERS ON A BUN</b> <b>LETTUCE &amp; TOMATOES</b> <b>BAKED BEANS</b> <b>CARROT RAISIN SALAD</b> <b>JUICY PEACHES</b>	<b>7</b> <b>PORK ROAST</b> <b>MASHED POTATOES</b> <b>CORN &amp; CARROTS</b> <b>FRESH FRUIT</b> <b>COOKIE</b>
<b>10</b> <b>MEETING DAY</b> <b>CHICKEN &amp; VEGGIE</b> <b>NOODLE SOUP</b> <b>GRILLED CHEESE</b> <b>LETTUCE MIX</b> <b>SWEET PEACHES</b>	<b>11</b> <b>BIRTHDAY DINNER</b> <b>SLOPPY JOES</b> <b>TATER TOTS</b> <b>BAKED BEANS</b> <b>BLUSHING PEARS</b> <b>COOKIE</b>	<b>12</b> <b>BAKED HAM</b> <b>SWEET POTATOES</b> <b>GREEN BEANS</b> <b>WHOLE GRAIN ROLL</b> <b>APPLESAUCE</b>	<b>13</b> <b>TACO SALAD</b> <b>MEXICAN BEANS</b> <b>PINEAPPLE</b> <b>ICE CREAM</b>	<b>14</b> <b>BAKED COD</b> <b>BROWN RICE PILAF</b> <b>STEAMED CARROTS</b> <b>COLESLAW</b> <b>SPICED APPLES</b>
<b>17</b> <b>CHOW MEIN w/PORK</b> <b>BROWN RICE</b> <b>GARDEN PEAS</b> <b>DICED BEETS</b> <b>ORANGES w/CREAM</b>	<b>18</b> <b>HAMBURGER ROLLUPS</b> <b>MEXICAN BEANS</b> <b>COLESLAW</b> <b>JELLO w/FRUIT</b>	<b>19</b> <b>HAM &amp; POTATO SOUP</b> <b>GRILLED CHEESE</b> <b>TOSSED SALAD</b> <b>FRUIT MEDLEY</b>	<b>20</b> <b>BAKED CHICKEN</b> <b>WILD RICE</b> <b>GREEN PEAS</b> <b>GARDEN SALAD</b> <b>CRANBERRIES</b>	<b>21</b> <b>BBQ PORK</b> <b>RED POTATOES</b> <b>COLESLAW</b> <b>APPLE RINGS</b> <b>ICE CREAM</b>
<b>24</b> <b>FISH PATTY</b> <b>TATER TOTS</b> <b>CARROT COINS</b> <b>3 BEAN SALAD</b> <b>FRESH FRUIT</b>	<b>25</b> <b>ROASTED PORK</b> <b>BROWN RICE</b> <b>GREEN PEAS</b> <b>TOSSED SALAD</b> <b>CRANBERRIES</b> <b>ICE CREAM</b>	<b>26</b> <b>CHICKEN SANDWICH</b> <b>LETTUCE &amp; TOMATO</b> <b>BAKED BEANS</b> <b>COLESLAW</b> <b>GOLDEN PEARS</b>	<b>27</b> <b>DIANE'S MEATLOAF</b> <b>MASHED POTATOES</b> <b>SWEET CORN</b> <b>PURPLE BEETS</b> <b>PLUMP PEACHES</b>	<b>28</b> <b>HAM AND</b> <b>SCALLOPED POTATOES</b> <b>GREEN BEANS</b> <b>APPLESAUCE</b> <b>COOKIE</b>
				

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, Juice, Whole Grain Bread and Margarine.