
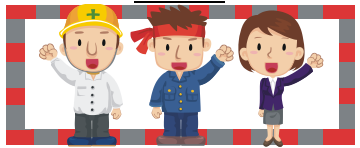
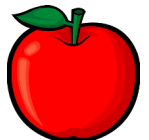



# LINCOLN SENIOR CENTER MENU

## SEPTEMBER, 2020

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS	<b>2</b> CHICKEN-N-STUFFING GREEN BEANS SWEET YAMS SPICED APPLES	<b>3</b> LIVER & ONIONS RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	<b>4</b> HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
<b>7</b> <b>LABOR DAY</b> <b>CLOSED</b> 	<b>8</b> <b><u>BIRTHDAY DINNER</u></b> BBQ CHICKEN SANDWICH BAKED BEANS COLESLAW FRUIT SALAD CAKE & ICE CREAM	<b>9</b> PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS	<b>10</b> TACO SALAD MEXICAN BEANS ZESTY PINEAPPLE	<b>11</b> DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES
<b>14</b> BAKED COD SWEET POTATOES DINNER SALAD WHOLE GRAIN ROLL FRUIT CRISP	<b>15</b> SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS MIXED FRUIT	<b>16</b> HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	<b>17</b> CHICKEN ROLL UP GREEN PEAS CRANBERRIES GOLDEN PEARS	<b>18</b> BAKED SPAGHETTI GOLDEN CORN COLESLAW SWEET PEACHES
<b>21</b> POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT w/PUDDING	<b>22</b> BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	<b>23</b> CHICKEN w/BROWN RICE GREEN BEANS DICED BEETS FRUIT SALAD	<b>24</b> CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS TOSSED SALAD CRANBERRIES	<b>25</b> TATER TOT CASSEROLE GREEN PEAS APPLES & CARROTS FRESH FRUIT
<b>28</b> HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS CINNAMON APPLESAUCE	<b>29</b> BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	<b>30</b> FISH PATTY w/WILD RICE BROCCOLI SPEARS CARROT COINS FRUIT SALAD		

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, RDN Cassandra Drynan, R.D.N.

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