






LINCOLN SENIOR CENTER MENU --- July 2020

For Additional Information Call 362-4504

Monday	Tuesday	Wednesday	Thursday	Friday
		1 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS SWEET PEACHES CINNAMON ROLL	2 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS	3 CLOSED  <i>Happy 4th of July</i>
6 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO	7 BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS	8 CHICKEN-N-STUFFING GREEN BEANS SWEET YAMS SPICED APPLES	9 ROAST PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	10 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
13 CHICKEN w/BROWN RICE GREEN BEANS TOSSED SALAD APPLESAUCE	14 <u>BIRTHDAY DINNER</u> DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES CAKE & ICE CREAM	15 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS	16 BEEF TACO SALAD MEXICAN BEANS PINEAPPLE	17 BBQ CHICKEN SANDWICH BAKED BEANS COLESLAW FRUIT SALAD
20 BAKED COD SWEET POTATOES DINNER SALAD WHOLE GRAIN ROLL FRUIT CRISP	21 SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS MIXED FRUIT	22 HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE *COMMODITIES*	23 CHICKEN ROLL UP GREEN PEAS CRANBERRIES GOLDEN PEARS	24 BAKED SPAGHETTI GOLDEN CORN COLESLAW SWEET PEACHES
27 HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BAKED BEANS CINNAMON APPLESauce	28 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	29 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS APPLES & CARROTS CRANBERRIES	30 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT w/PUDDING	31 BAKED HAM SWEET YAMS GREEN PEAS WHOLE GRAIN ROLL FRESH FRUIT

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. Required charge for under 60 years \$7.00.