




# LINCOLN SENIOR CENTER MENU MAY, 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ROAST BEEF MASHED POTATOES & GRAVY BRUSSELS SPROUTS WHOLE GRAIN ROLL FRUIT SALAD	2 BAKED HAM SWEET POTATOES GREEN BEANS WHOLE GRAIN ROLL CINNAMON APPLES	3 CHICKEN FRIED STEAK MASHED POTATOES GOLDEN CORN WHOLE GRAIN BREAD APPLESAUCE
6 CHICKEN W/RICE MIXED VEGGIES PICKLED BEETS SWEET PEACHES	7 FISH PATTY TATER TOTS GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	8 CHICKEN ROLL-UP MEXICAN BEANS FRUIT SALAD COOKIE	9 CHILI CON CARNE PB&J SANDWICHES TOSSED SALAD STEAMED VEGGIES JUICY PEARS	10 HOT DOG ON A BUN BAKED BEANS POTATO SALAD FRUIT SALAD
13 <u>MEETING DAY</u> CHICKEN SANDWICH LETTUCE & TOMATO BAKED BEANS TATER TOTS BAKED APPLES	14 <u>BIRTHDAY LUNCH</u> DIANE'S MEATLOAF MASHED POTATOES GOLDEN CORN CRANBERRIES CHOCOLATE CAKE	15 CHICKEN & VEGGIE NOODLE SOUP GRILLED CHEESE SANDWICH CRISP COLESLAW BLUEBERRIES & APPLES	16 TATER TOT CASSEROLE GREEN PEAS DICED BEETS PLUMP PEACHES	17 BBQ PORK RED POTATOES GARDEN SALAD WHOLE GRAIN ROLL APPLESAUCE
20 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BLUSHING PEARS	21 BAKED COD RICE W/VEGGIES CARROT COINS GARDEN SALAD SWEET PEACHES	22 TACO SALAD MEXICAN BEANS BAKED APPLES CINNAMON ROLL  <u>COMMODITIES</u>	23 CHICKEN W/STUFFING SWEET CORN GREEN BEANS CRANBERRIES	24 HAMBURGER ON A BUN LETTUCE & PICKLES TATER TOTS BAKED BEANS FRUIT SALAD
27 <u>CLOSED</u> 	28 POLISH SAUSAGE W/SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL PLUMP PEACHES	29 BAKED SPAGHETTI MIXED VEGGIES COLESLAW APPLE COBBLER	30 HAM & BEAN SOUP GRILLED CHEESE VEGGIE SALAD FRUIT MEDLEY	31 PORK ROAST MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL APPLESAUCE

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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, RDN.

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00. **MEALS ARE SERVED WITH LOW FAT MILK & COFFEE.**