




# LINCOLN SENIOR NUTRITION MENU - OCTOBER 2021

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<i>Low-fat milk is served daily</i>	1 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
4 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	5 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD	6 <u>Joyce Malek</u> ROAST BEEF DINNER RED POTATOES CARROTS w/APPLES WHOLE GRAIN ROLL GOLDEN PEARS DESSERT	7 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES	8 BBQ PORK SANDWICH BAKED BEANS PURPLE BEETS PINEAPPLE
11 SLOPPY JOES ON A BUN DIANE'S POTATOES CRISP COLESLAW APPLESAUCE	12 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS BIRTHDAY CAKE	13 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS SPICED APPLES	14 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	15 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD/BEAN SALAD JUICY PEACHES
18 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD	19 BAKED CHICKEN RICE PILAF GREEN PEAS TOSSED SALAD CRANBERRIES	20 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES COOKIE	21 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	22 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES
25 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO	26 PORK ROAST MASHED POTATOES CARROTS & APPLES WHOLE GRAIN ROLL BAKED APPLES	27 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS MANDARIN ORANGES	28 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT	29 MONTANA PASTIES CARROT COINS WHOLE GRAIN ROLL PLUMP PEACHES

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.**