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| **Image result for may clip artImage result for may clip art**LINCOLN SENIOR NUTRITION MENU - MAY 2023  For More Information Call: (406) 362-4504 \*This menu is subject to change due to product availability | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1**  **BBQ CHICKEN SANDWICH**  **BAKED BEANS**  **TATER TOTS**  **FRUIT SALAD** | **2**  **BAKED HAM**  **SWEET YAMS**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SWEET PEACHES** | **3**  **MEATBALLS W/SAUERKRAUT**  **RED POTATOES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **GOLDEN PEARS** | **4**  **PORK CHOW MEIN**  **ORIENTAL VEGETABLES**  **PICKLED BEETS**  **PINEAPPLE**  **DESSERT** | **5**  **CHICKEN FRIED STEAK**  **MASHED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN BREAD**  **CRANBERRIES** |
| **8**  **SLOPPY JOES ON A BUN**  **BAKED BEANS**  **CRISP COLESLAW**  **APPLESAUCE** | **9**  BIRTHDAY DINNER  **HAM & SCALLOPED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SPICED APPLES**  **BIRTHDAY CAKE** | **10**  **CHICKEN-N-STUFFING**  **MASHED POTATOES**  **GREEN BEANS**  **CRANBERRIES & PEARS** | **11**  **SPAGHETTI W/MEAT SAUCE**  **GOLDEN CORN**  **STEAMED BROCCOLI**  **PINEAPPLE** | **12**  MOTHER’S DAY DINNER  **CORNED BEEF & CABBAGE**  **RED POTATOES**  **STEAMED CARROTS**  **DINNER ROLL**  **JUICY PEACHES**  **DESSERT** |
| **15**  **POLISH DOG**  **SAUERKRAUT**  **RED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **FRUIT SALAD** | **16**  **ROAST TURKEY**  **SWEET YAMS**  **MIXED VEGGIES**  **DINNER ROLL**  **CRANBERRIES** | **17**  **DIANE’S MEATLOAF**  **MASHED POTATOES**  **BRUSSELS SPROUTS**  **WHOLE GRAIN BREAD**  **SWEET PEACHES**  **DESSERT** | **18**  **BBQ PORK**  **RED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **PINEAPPLE** | **19**  **MONTANA PASTIES**  **COLESLAW**  **BAKED BEANS**  **MANDARIN ORANGES** |
| **22**  **FISH PATTY ON A BUN**  **MIXED VEGETABLES**  **COLESLAW**  **JUICY PEARS**  **DESSERT** | **23**  **ROAST BEEF**  **MASHED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **24**  **TATER TOT CASSEROLE**  **GREEN PEAS**  **PICKLED BEETS**  **MANDARIN ORANGES**  \*COMMODITIES\* | **25**  **CHICKEN ROLL UP**  **MEXICAN BEANS**  **APPLES & CARROTS**  **FRESH FRUIT** | **26**  **HAMBURGER PATTY W/GRAVY**  **MASHED POTATOES**  **STEAMED CARROTS**  **WHOLE GRAIN ROLL**  **MIXED FRUIT** |
| **29**  **CLOSED** | **30**  **MEXICAN BEEF GOULASH**  **GOLDEN CORN**  **PEAS & CARROTS**  **SWEET PEARS**  **DESSERT** | **31**  **CHICKEN W/BROWN RICE**  **BROCCOLI & CAULIFLOWER**  **BEAN SALAD**  **APPLESAUCE** | Low-fat milk is delivered daily  and served daily at the  Dinner Club |  |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 $5.00. Required charge for under 60 years $7.00.**