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| **Image result for may clip artImage result for may clip art**LINCOLN SENIOR NUTRITION MENU - MAY 2023For 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 dailyand served daily at theDinner 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.**