



LINCOLN SENIOR NUTRITION MENU - MARCH 2026



Lunch is Served from 11:30 – 12:30 ~ For Reservations Call – (406) 362-4504

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD	3 MEXICAN BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS	4 CHICKEN w/BROWN RICE BROCCOLI & CAULIFLOWER BEAN SALAD APPLESAUCE	5 POLISH SAUSAGE SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE	6 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS WHOLE GRAIN ROLL PLUMP PEACHES
9 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL APPLESAUCE	10 <u>BIRTHDAY DINNER</u> MEATBALLS w/SAUERKRAUT RED POTATOES CARROT COINS WHOLE GRAIN ROLL GOLDEN PEARS BIRTHDAY CAKE	11 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD	12 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES	13 BBQ PORK SANDWICH BAKED BEANS APPLES & CARROTS PINEAPPLE
16 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE	17 <u>ST. PATRICK'S DAY DINNER</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COINS  BLARNEY STONE ROLL GREEN PEARS	18 CHICKEN-N-STUFFING MASHED POTATOES GREEN BEANS CRANBERRIES	19 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE	20 COD FILLET WILD RICE STEAMED CARROTS BEAN SALAD JUICY PEACHES
23 HAM & SCALLOPED POTATOES MIXED VEGETABLES PURPLE BEETS WHOLE GRAIN ROLL FRUIT SALAD	24 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS APPLES & CARROTS CRANBERRIES	25 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES *USDA FOODS*	26 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE	27 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS APPLESAUCE
30 MONTANA PASTIES PURPLE BEETS GREEN PEAS WHOLE GRAIN ROLL JUICY PEARS	31 PORK ROAST MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL PINEAPPLE			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 \$10.00.