
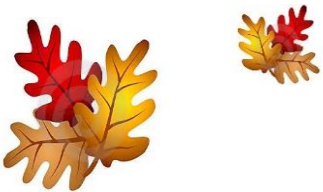



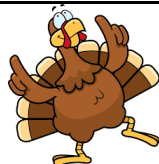


# LINCOLN SENIOR CENTER MENU

## NOVEMBER 2018

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 CHILI DOG W/CHEESE &amp; ONIONS TATOR TOTS CARROTS FRUIT SALAD</p>	<p>2 TURKEY ROAST DRESSING GREEN BEANS CRANBERRIES PUMPKIN PIE</p>
<p>5 MEAT LOAF MASHED POTATOES GOLDEN CORN APPLE RINGS ICE CREAM</p>	<p>6 HAM &amp; SCALLOPED POTATOES CARROT COINS 3 BEAN SALAD SWEET PEACHES</p>	<p>7 CHICKEN-n-VEGGIE NOODLE SOUP GRILLED CHEESE SANDWICH LETTUCE BLEND APPLE CRISP</p>	<p>8 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE</p>	<p>9 BAKED SPAGHETTI (TOMATO &amp; ONION) MIXED VEGGIES FRUIT SALAD COOKIE</p>
<p>12 <u>CLOSED – VETERAN'S DAY</u></p> 	<p>13 <u>BIRTHDAY DINNER</u> POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROT COINS JUICY PEARS</p>	<p>14 CHILI CON CARNE PB &amp; J SANDWICH VEGGIE SALAD PINEAPPLE</p>	<p>15 TATER TOT CASSEROLE GREEN PEAS CRANBERRIES COOKIE</p>	<p>16 BBQ PORK RED POTATOES SWEET CORN APPLESAUCE WHOLE GRAIN ROLL ICE CREAM</p>
<p>19 <u>MEETING DAY</u> HAMBURGERS ON A BUN LETTUCE/TOMATOES TATER TOTS BAKED BEANS PLUMP PEACHES</p>	<p>20 FISH PATTY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD ICE CREAM</p>	<p>21 BAKED HAM SWEET POTATOES GOLDEN CORN CRANBERRIES DESSERT</p>	<p>22 <u>CLOSED – THANKSGIVING</u></p> 	<p>23 <u>CLOSED – THANKSGIVING</u></p> 
<p>26 HAM &amp; POTATO SOUP GRILLED CHEESE VEGGIE SALAD GOLDEN PEARS</p>	<p>27 CHICKEN FRIED STEAK MASHED POTATOES STEAMED CARROTS CRANBERRIES SWEET PEACHES</p>	<p>28 HAMBURGER &amp; VEGGIE ROLLUPS MEXICAN BEANS JELLO W/FRUIT COOKIE</p>	<p>29 CHICKEN CHOW MEIN ORIENTAL VEGGIES PICKLED BEETS PINEAPPLE CINNAMON ROLLS</p>	<p>30 HAMBURGER PATTY W/MASHED POTATOES GARDEN PEAS WHOLE GRAIN ROLL CRANBERRIES</p>

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.

**Meals are served with Low Fat Milk & Coffee**