







LINCOLN SENIOR CENTER MENU FEBRUARY, 2019

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ROAST PORK MASHED POTATOES GREEN PEAS WHOLE GRAIN ROLL MIXED FRUIT ICE CREAM
4 FISH SANDWICH TATER TOTS CARROT COINS COLESLAW FRUIT	5 LIVER & ONIONS RED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE ICE CREAM	6 BBQ PORK BAKED POTATO SWEET CORN DICED BEETS GOLDEN PEARS	7 CHICKEN VEGGIE SOUP GRILLED CHEESE TOSSED SALAD W/BEANS FRUIT W/PUDDING	8 BAKED HAM SWEET POTATOES GARDEN PEAS CARROT RAISIN SALAD SWEET PEACHES
11 HAMBURGER ON BUN LETTUCE/ONION TATER TOTS BAKED BEANS JUICY PEARS	12 <u>BIRTHDAY DINNER</u> CHICKEN WITH RICE STEAMED CARROTS BROCCOLI SPEARS FRUIT BLEND COOKIE	13 BAKED SPAGHETTI MIXED VEGGIES LETTUCE SALAD FRUIT W/JELLO	14 <u>VALENTINE'S DAY</u> CHICKEN-FRIED STEAK MASHED POTATOES GREEN PEAS COLESLAW APPLE CRISP	15 CHILI DOG TATER TOTS VEGGIE SALAD PINEAPPLE
18 CLOSED 	19 POLISH SAUSAGE SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE ICE CREAM	20 CHICKEN-N-STUFFING GOLDEN CORN CRANBERRIES PEACHES	21 HUNGARIAN GOULASH MIXED VEGGIES BEAN SALAD FRESH ORANGES COOKIE	22 HAM & SCALLOPED POTATOES TOSSED SALAD WHOLE GRAIN ROLL MIXED FRUIT
25 CHICKEN SANDWICH RED POTATOES BAKED BEANS LETTUCE SALAD SPICED APPLES	26 TATER TOT CASSEROLE GARDEN PEAS CRANBERRIES ICE CREAM	27 TACO SALAD MEXICAN BEANS GOLDEN PEARS CINNAMON ROLLS	28 PORK CHOW MEIN BROWN RICE MIXED VEGGIES PICKLED BEETS PLUMP PEACHES	

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 \$4.00 and under 60 years \$7.00. **MEALS ARE SERVED WITH LOW FAT MILK, COFFEE.**