


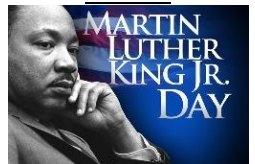




LINCOLN SENIOR NUTRITION MENU - JANUARY 2021



For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		LOW-FAT MILK IS DELIVERED DAILY		¹ CLOSED 
⁴ BAKED COD SWEET POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRUIT CRISP	⁵ SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS MIXED FRUIT	⁶ HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	⁷ CHICKEN ROLL UP GREEN PEAS CRANBERRIES GOLDEN PEARS	⁸ BAKED SPAGHETTI GOLDEN CORN BEAN SALAD SWEET PEACHES
¹¹ POLISH DOG SAUERKRAUT RED POTATOES PURPLE BEETS WHOLE GRAIN ROLL JUICY PEARS	¹² <u>BIRTHDAY DINNER</u> BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES BIRTHDAY CAKE	¹³ CHICKEN-N-STUFFING SWEET POTATOES GREEN BEANS CRANBERRIES	¹⁴ CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS CRANBERRIES BAKED APPLES	¹⁵ TATER TOT CASSEROLE GREEN PEAS GARDEN SALAD FRESH FRUIT
¹⁸ <u>CLOSED</u> 	¹⁹ FISH PATTY w/WILD RICE BROCCOLI SPEARS TOSSED SALAD FRUIT SALAD	²⁰ BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES	²¹ BEEF GOULASH GOLDEN CORN DICED BEETS PINEAPPLE	²² HOT HAM WRAP HERBED CARROTS BEANS SALAD GOLDEN PEARS VANILLA PUDDING
²⁵ HAMBURGER ON A BUN LETTUCE & PICKLE TATER TOTS BEAN MEDLEY SWEET PEACHES	²⁶ PORK ROAST MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL BAKED APPLES	²⁷ CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD	²⁸ DIANE'S MEATLOAF MASHED POTATOES GOLDEN CORN GREEN BEANS CRANBERRIES	²⁹ BBQ PORK SANDWICH BAKED BEANS PURPLE BEETS PINEAPPLE COOK'S CHOICE DESSERT

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 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, R.D.N.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.