



LINCOLN SENIOR NUTRITION MENU - DECEMBER 2020

For Additional Information Call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low-fat milk is served daily</p> 	<p>1 PORK ROAST MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL BAKED APPLES</p>	<p>2 CHICKEN CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS FRUIT SALAD</p>	<p>3 <u>CHRISTMAS DINNER</u> ROAST BEEF DINNER WITH ALL THE FIXINGS HOLIDAY DESSERT</p>	<p>4 SLOPPY JOES ON A BUN BAKED BEANS PURPLE BEETS APPLESAUCE</p>
<p>7 HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS</p>	<p>8 <u>BIRTHDAY DINNER</u> DIANE'S MEATLOAF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL GOLDEN PEARS CAKE & ICE CREAM</p>	<p>9 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT</p>	<p>10 SPAGHETTI w/MEAT SAUCE GOLDEN CORN CRISP COLESLAW PINEAPPLE</p>	<p>11 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES</p>
<p>14 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD</p>	<p>15 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES</p>	<p>16 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS PINEAPPLE COOKIE</p>	<p>17 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>18 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS</p>
<p>21 FISH PATTY ON A BUN MIXED VEGETABLES DINNER SALAD FRUIT w/JELLO</p>	<p>22 BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS</p>	<p>23 CHICKEN-N-STUFFING GREEN BEANS SWEET YAMS SPICED APPLES</p>	<p>24 <u>Closed</u></p> 	<p>25 <u>Closed</u></p> 
<p>28 CHICKEN w/BROWN RICE MIXED VEGETABLES SWEET CORN APPLESAUCE</p>	<p>29 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL PLUMP PEACHES</p>	<p>30 TURKEY & DRESSING MASHED POTATOES GREEN BEANS CRANBERRIES DESSERT</p>	<p>31 <u>Closed</u></p> 	

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, RDN.

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