

LINCOLN SENIOR CENTER - NOVEMBER 2019

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES GOLDEN PEARS
4 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO DAYLIGHT SAVINGS – CLOCKS BACK	5 BEEF GOULASH GOLDEN CORN PEAS & CARROTS SWEET PEARS	6 CHICKEN-N-STUFFING MIXED VEGETABLES DICED BEETS SPICED APPLES	7 BBQ PORK TATER TOTS BAKED BEANS WHOLE GRAIN ROLL PLUMP PEACHES	8 HAMBURGER PATTY MASHED w/GRAVY STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT
11 CLOSED – VETERAN'S DAY 	12 <u>BIRTHDAY DINNER</u> DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL PLUMP PEACHES CAKE & ICE CREAM	13 PORK CHOW MEIN ORIENTAL VEGETABLES PICKLED BEETS GOLDEN PEARS	14 <u>THANKSGIVING DINNER</u> ROAST TURKEY BREAD STUFFING SWEET YAMS GREEN BEANS CRANBERRIES	15 BBQ CHICKEN SANDWICH BAKED BEANS COLESLAW FRUIT SALAD
18 CHICKEN w/BROWN RICE GREEN PEAS CRANBERRIES GOLDEN PEARS	19 BAKED SPAGHETTI GOLDEN CORN COLESLAW SWEET PEACHES	20 HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL APPLESAUCE	21 BAKED COD RED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRUIT CRISP	22 SLOPPY JOES ON A BUN BAKED BEANS DICED BEETS MIXED FRUIT
25 POLISH DOG SAUERKRAUT GREEN BEANS GOLDEN CORN WHOLE GRAIN ROLL FRUIT w/PUDDING	26 BBQ PORK RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PLUMP PEACHES	27 PB&J SANDWICH w/CHILI DICED BEETS FRUIT SALAD	28 CLOSED - THANKSGIVING 	29 CLOSED

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