








LINCOLN SENIOR NUTRITION MENU --- June 2021

For Reservations Call 362-4504



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  7 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE | 1 MONTANA PASTIES CARROT COINS WHOLE GRAIN ROLL FRUIT SALAD | 2 BAKED HAM SWEET YAMS MIXED VEGETABLES WHOLE GRAIN ROLL SWEET PEACHES | 3 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS WHOLE GRAIN BREAD CRANBERRIES | 4 BBQ PORK SANDWICH BAKED BEANS PURPLE BEETS PINEAPPLE DESSERT |
| 7 SLOPPY JOES ON A BUN BAKED BEANS CRISP COLESLAW APPLESAUCE | 8 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES & PEARS BIRTHDAY CAKE | 9 <u>MARION MORRIS</u> ROAST BEEF DINNER MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL CARROTS & APPLES DESSERT | 10 SPAGHETTI w/MEAT SAUCE GOLDEN CORN STEAMED BROCCOLI PINEAPPLE | 11 COD FILLET WILD RICE STEAMED CARROTS GARDEN SALAD JUICY PEACHES |
| 14 POLISH DOG SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT SALAD | 15 DIANE'S MEATLOAF MASHED POTATOES BRUSSELS SPROUTS WHOLE GRAIN BREAD SWEET PEACHES | 16 BAKED CHICKEN RICE PILAF BROCCOLI SPEARS TOSSED SALAD CRANBERRIES | 17 HAMBURGER ON A BUN LETTUCE & PICKLE COLESLAW BAKED BEANS MANDARIN ORANGES | 18 BBQ PORK BABY RED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE |
| 21 FISH PATTY ON A BUN MIXED VEGETABLES BEAN SALAD FRUIT w/JELLO | 22 PORK ROAST MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL BAKED APPLES | 23 TATER TOT CASSEROLE GREEN PEAS PICKLED BEETS MANDARIN ORANGES | 24 CHICKEN ROLL UP MEXICAN BEANS APPLES & CARROTS FRESH FRUIT | 25 HAMBURGER PATTY w/GRAVY MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL MIXED FRUIT |
| 28 BBQ CHICKEN SANDWICH BAKED BEANS TATER TOTS FRUIT SALAD | 29 BEEF GOULASH GREEN PEAS STEAMED CARROTS SWEET PEARS CINNAMON ROLL | 30 CHICKEN w/BROWN RICE GREEN BEANS SWEET CORN APPLESAUCE |  Low-fat milk is served daily |    |

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, R.D.N. Cassandra Drynan R.D.N.

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