



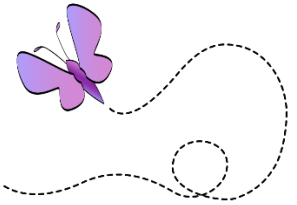


# LINCOLN SENIOR CENTER MENU APRIL, 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
-3- POLISH SAUSAGE SAUERKRAUT RED POTATO FOUR BEAN SALAD PINEAPPLE	-4- CHICKEN CHOW MEIN BROWN RICE MIXED VEGGIES PICKLED BEETS JUICY PEARS	-5- BEEF ROAST MASHED POTATOES COOKED CARROTS APPLE RINGS ICE CREAM  *WOOD CARVING*	-6- TACO SALAD MEXICAN BEANS FRUIT MIX BROWNIE	-7- BBQ PORK RED POTATOES GOLDEN CORN VEGGIE SALAD SWEET PEACHES
-10- HAMBURGERS TATER TOTS BAKED BEANS FRUIT SALAD	-11- <u>BIRTHDAY DINNER</u> CHICKEN ROLL-UP MEXICAN BEANS COLESLAW FRUIT SPICE CAKE	-12- BAKED CHICKEN BREAD STUFFING GOLDEN CORN CRANBERRIES JUICY PEARS  *WOOD CARVING*	-13- HAMBURGER PATTY MASHED POTATOES & GRAVY GARDEN PEAS DICED BEETS ICE CREAM	-14- CHICKEN NOODLE SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD ZESTY PINEAPPLE
-17- BAKED COD RICE PILAF GREEN BEANS TOSSED SALAD W/GARBANZOS FRUIT MIX	-18- PORK ROAST MASHED POTATOES GREEN PEAS APPLE RINGS ICE CREAM	-19- MEAT LOAF RED POTATOES SWEET CORN PICKLED BEETS PEACHES  *WOOD CARVING*	-20- BBQ CHICKEN TATER TOTS BAKED BEANS COLESLAW FRUIT DESSERT	-21- BAKED HAM SWEET POTATOES GREEN BEANS APPLESAUCE ICE CREAM
-24- HAM & SCALLOPED POTATOES GARDEN PEAS CRANBERRIES CINNAMON ROLLS	-25- TATER TOT CASSEROLE CARROT COINS BEAN SALAD PEACHES & CREAM	-26- CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS APPLESAUCE ICE CREAM  *WOOD CARVING*	-27- LIVER & ONIONS RED POTATOES GOLDEN CORN DICED BEETS BLUSHING PEARS	-28- CHILI CON CARNE PB&J SANDWICH VEGETABLE SALAD APPLE CAKE

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, JUICE, WHOLE GRAIN BREAD AND MARGARINE.