








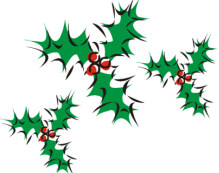



LINCOLN SENIOR CENTER MENU DECEMBER 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 		1 DIANE'S MEATLOAF MASHED POTATOES COOKED CARROTS DICED BEETS ICE CREAM
4 HAMBURGERS W/ LETTUCE & TOMATO TATER TOTS BAKED BEANS SPICED APPLES ICE CREAM	5 HAM & SCALLOPED POTATOES STEAMED CARROTS GREEN BEANS BLUSHING PEARS	6 CHICKEN NOODLE SOUP GRILLED CHEESE SANDWICH COLESLAW FRESH FRUIT COOKIE	7  <u>CHRISTMAS PARTY</u> ROAST BEEF DINNER And all the fixings	8 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS PEACHES & CREAM
11 CHILI CON CARNE PB&J SANDWICH LETTUCE SALAD APPLE CRISP	12 <u>BIRTHDAY DINNER</u> ROAST PORK MASHED POTATOES CARROT COINS APPLESAUCE CHOCOLATE CAKE	13 CHICKEN FRIED STEAK MASHED POTATOES GARGEN PEAS CRANBERRIES SWEET PEACHES	14 TACO SALAD MEXICAN BEANS FRUIT SALAD CINNAMON ROLL	15 HAM & CHEESE SANDWICH TATER TOTS SWEET CORN CRISPY COLESLAW GOLDEN PEARS
18 MEATROLL MASHED POTATOES GOLDEN CORN CRANBERRIES ICE CREAM	19 CHICKEN SANDWICH TATER TOTS BAKED BEANS LETTUCE SALAD PLUMP PEACHES	20 BAKED HAM SWEET POTATOES VEGGIES APPLESAUCE ICE CREAM	21 HAMBURGER PATTY MASHED POTATOES & GRAVY GREEN BEANS DICED BEETS FRUIT	22 BBQ PORK RED POTATOES STEAMED CARROTS 3-BEAN SALAD JUICY PEARS
25 <u>CLOSED</u> 	26 <u>CLOSED</u> 	27 <u>CLOSED</u> 	28 <u>CLOSED</u> 	29 <u>CLOSED</u> 

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, Juice, Whole Grain Bread and Margarine.