

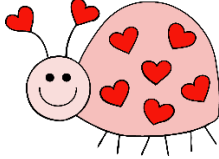







# LINCOLN SENIOR CENTER MENU FEBRUARY, 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 DIANE'S MEATLOAF RED POTATOES GREEN PEAS DICED BEETS JUICY PEARS</p>	<p>2 PORK ROAST MASHED POTATOES GREEN BEANS APPLESAUCE</p> 
<p>5 HAMBURGERS TATER TOTS BAKED BEANS LETTUCE &amp; TOMATOES BAKED APPLES</p>	<p>6 BAKED CHICKEN BREAD STUFFING GREEN PEAS CRANBERRIES PEACHES</p>	<p>7 BBQ PORK RED POTATOES GOLDEN CORN 3 BEAN SALAD BLUSHING PEARS</p>	<p>8 LIVER &amp; ONIONS RED POTATOES GREEN BEANS APPLESAUCE ICE CREAM</p>	<p>9 CHILI CON CARNE PB&amp;J SANDWICH LETTUCE SALAD FRUIT MIX PINEAPPLE CAKE</p>
<p>12 HUNGARIAN GOULASH MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>13 <u>BIRTHDAY DINNER</u> FISH PATTY ON A BUN TATER TOTS GREEN BEANS BAKED APPLES CHOCOLATE CAKE</p>	<p>14 CHICKEN FRIED STEAK MASHED POTATOES SWEET CORN CRANBERRIES ICE CREAM</p> 	<p>15 TACO SALAD MEXICAN BEANS FRESH FRUIT COOKIE</p>	<p>16 CHICKEN NOODLE SOUP GRILLED CHEESE TOSSED SALAD SWEET PEACHES</p>
<p>19 <u>CLOSED</u> <u>PRESIDENT'S DAY</u></p> 	<p>20 BAKED HAM SWEET POTATOES SWEET CORN CRANBERRIES ICE CREAM</p>	<p>21 BAKED COD WILD RICE MIXED VEGGIES DICED BEETS JUICY PEACHES</p>	<p>22 CHICKEN ROLL UPS MEXICAN BEANS GREEN SALAD FRUIT MIX CINNAMON ROLL</p>	<p>23 HAMBURGER PATTY MASHED POTATOES &amp; GRAVY GARDEN PEAS GOLDEN PEARS</p>
<p>26 CHICKEN CHOW MEIN W/ORIENTAL VEGETABLES BROWN RICE GREEN PEAS FRUIT MIX</p>	<p>27 HAM &amp; SCALLOPED POTATOES COOKED CARROTS CRANBERRIES CINNAMON ROLL</p>	<p>28 POLISH SAUSAGE W/SAUERKRAUT BABY RED POTATOES BAKED BEANS APPLESAUCE</p>		

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.