

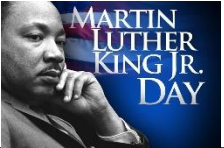




LINCOLN SENIOR CENTER MENU JANUARY 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> 	<p>2</p> 	<p>3</p> <p>POLISH SAUSAGE w/SAUERKRAUT BABY RED POTATOES COLESLAW APPLESAUCE ICE CREAM</p>	<p>4</p> <p>CHICKEN NOODLE SOUP GRILLED CHEESE SANDWICH TOSSED SALAD W/BEANS JUICY PEARS COOKIES</p>	<p>5</p> <p>BAKED HAM SWEET POTATOES GREEN BEANS CRANBERRIES PEACHES</p>
<p>8</p> <p>MEETING DAY BBQ PORK RED POTATOES GOLDEN CORN 3 BEAN SALAD BLUSHING PEARS</p>	<p>9</p> <p>BIRTHDAY DINNER FISH SANDWICH TATER TOTS GREEN BEANS FRUIT SALAD BIRTHDAY CAKE</p>	<p>10</p> <p>MEATLOAF MASHED POTATOES GREEN PEAS DICED BEETS FRUIT MIX</p>	<p>11</p> <p>HAM & SCALLOPED POTATOES STEAMED CARROTS APPLESAUCE ICE CREAM</p>	<p>12</p> <p>HAMBURGER PATTY MASHED POTATOES & GRAVY SWEET CORN BAKED APPLES</p>
<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>CHICKEN FRIED STEAK MASHED POTATOES CARROT COINS PURPLE BEETS ICE CREAM</p>	<p>17</p> <p>CHILI CON CARNE PB&J SANDWICH LETTUCE SALAD APPLE CRISP</p>	<p>18</p> <p>CHICKEN ROLL-UP MEXICAN BEANS GOLDEN CORN FRUIT MIX COOKIE</p>	<p>19</p> <p>HUNGARIAN GOULASH COOK'S CHOICE VEGGIES PICKLED BEETS PEACHES & CREAM</p>
<p>22</p> <p>HAMBURGERS LETTUCE & TOMATO TATER TOTS BAKED BEANS FRUIT MIX</p>	<p>23</p> <p>HAM & POTATO SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD JUICY PEARS</p>	<p>24</p> <p>PORK ROAST MASHED POTATOES STEAMED CARROTS APPLESAUCE ICE CREAM</p>	<p>25</p> <p>TACO SALAD MEXICAN BEANS ZESTY PINEAPPLE CINNAMON ROLL</p>	<p>26</p> <p>CHICKEN CHOW MEIN w/ORIENTAL VEGGIES BROWN RICE GARDEN PEAS MIXED FRUIT</p>
<p>29</p> <p>TURKEY & VEGGIE NOODLE SOUP LETTUCE SALAD FRESH FRUIT CINNAMON ROLL</p>	<p>30</p> <p>CHICKEN SANDWICH TATER TOTS SWEET CORN LETTUCE SALAD PLUMP PEACHES</p>	<p>31</p> <p>BEEF ROLL-UPS MEXICAN BEANS PINEAPPLE COOKIE</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.

Meals served with 1% Milk, Orange Juice, Coffee, Whole Grain Bread and Margarine