





# LINCOLN SENIOR CENTER MENU

JULY, 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 CLOSED</p> 	<p>4 CLOSED</p> 	<p>5 CHICKEN FRIED STEAK MASHED POTATOES STEAMED CARROTS PICKLED BEETS ICE CREAM</p>	<p>6 HAM &amp; SCALLOPED POTATOES GREEN BEANS CRANBERRIES SWEET PEARS</p>	<p>7 CHICKEN CHOW MEIN BROWN RICE GARDEN PEAS GREEN SALAD FRUIT COOKIES</p>
<p>10 HAMBURGERS TATER TOTS BAKED BEANS PEACHES &amp; CREAM</p>	<p>11 <u>BIRTHDAY DINNER</u> BAKED CHICKEN BROWN RICE STEAMED CARROTS GREEN BEANS APPLE RINGS CHOCOLATE CAKE</p>	<p>12 PORK ROAST MASHED POTATOES GREEN PEAS APPLESAUCE JUICY PEARS</p>	<p>13 BAKED SPAGHETTI MIXED VEGGIES GOLDEN CORN FRUIT SALAD ICE CREAM</p>	<p>14 CHICKEN &amp; BEAN SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD PEACHES</p>
<p>17 POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROTS APPLESAUCE</p>	<p>18 CHICKEN &amp; POTATO SOUP CINNAMON ROLL LETTUCE SALAD GOLDEN PEARS</p>	<p>19 MEATLOAF MASHED POTATOES SWEET CORN COLESLAW JUICY PEACHES</p>	<p>20 LIVER &amp; ONIONS RED POTATOES GREEN BEANS APPLESAUCE ICE CREAM</p>	<p>21 TACO SALAD REFRIED BEANS FRUIT IN SEASON COOKIE</p>
<p>24 BAKED HAM SWEET POTATOES GOLDEN CORN CRANBERRIES PEACHES</p>	<p>25 BBQ PORK RED POTATOES BAKED BEANS COLESLAW COOKIES</p>	<p>26 HAMBURGER ROLL-UPS REFRIED BEANS CARROT COINS CINNAMON APPLES ICE CREAM</p>	<p>27 HUNGARIAN GOULASH MIXED VEGGIES FRUIT MIX FRUIT DESSERT</p>	<p>28 BAKED COD WILD RICE GREEN PEAS APPLE RINGS GOLDEN PEARS</p>
<p>31 CHILI CON CARNE GRILLED CHEESE VEGGIE SALAD JUICY PEARS</p>				<p>29</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, R.D.N.

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