





LINCOLN SENIOR CENTER MENU --- June 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <small>classroomclipart.com</small>		1 BAKED CHICKEN WILD RICE MIXED VEGGIES W/BEANS APPLE RINGS PEACHES	2 PORK ROAST MASHED POTATOES PARSLEY CARROTS APPLESAUCE
5 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS FRUIT SALAD	6 CHILI CON CARNE GRILLED CHEESE SANDWICH LETTUCE SALAD JUICY PEARS	7 TATER TOT CASSEROLE SWEET CORN PEACHES & CREAM CINNAMON ROLL WOOD CARVING	8 BBQ PORK TATER TOTS BAKED BEANS COLESLAW FRUIT 	9 CHICKEN GOULASH STEAMED CARROTS FRUIT BLEND ICE CREAM
12 BAKED HAM SWEET POTATOES GREEN BEANS FRUIT SALAD	13 <u>BIRTHDAY DINNER</u> MEATLOAF MASHED POTATOES SWEET CORN DICED BEETS BIRTHDAY CAKE	14 CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES GARDEN PEAS BAKED APPLES WOOD CARVING	15 TACO SALAD REFRIED BEANS PINEAPPLE ICE CREAM	16  STAFF TRAINING
19 HAMBURGER LETTUCE & TOMATO TATER TOTS BAKED BEANS FRUIT	20 BAKED COD WILD RICE GREEN PEAS GARDEN SALAD APPLESAUCE	21 BBQ CHICKEN RED POTATOES BAKED BEANS COLESLAW GOLDEN PEARS WOOD CARVING	22 SHEPHERD'S PIE GOLDEN CORN PICKLED BEETS COOKIES	23 CHICKEN & VEGETABLE NOODLE SOUP LETTUCE SALAD SWEET PEACHES CINNAMON ROLLS
26 POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROT COINS APPLESAUCE	27 SCALLOPED POTATOES & HAM GARDEN PEAS CRANBERRIES SWEET PEARS	28 HAMBURGER PATTY MASHED POTATOES & GRAVY GREEN BEANS PEACHES WOOD CARVING	29 CHICKEN ROLL UP MEXICAN BEANS VEGGIE MIX APPLE CAKE	30 BAKED SPAGHETTI MIXED VEGGIES COLESLAW FRUIT MIX ICE CREAM

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, R.D.N. Cassandra Drynan R.D.N.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.