


LINCOLN SENIOR CENTER MENU

AUGUST, 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 HAM & SCALLOPED POTATOES GREEN BEANS CRANBERRIES ICE CREAM</p>	<p>2 TATER TOT CASSEROLE CARROT COINS COLESLAW PEACHES</p>	<p>3 CHICKEN FRIED STEAK MASHED POTATOES GARDEN SALAD APPLE RINGS COOKIES</p>	<p>4 PORK ROAST MASHED POTATOES GARDEN PEAS APPLESAUCE</p>
<p>7 HAMBURGERS TATER TOTS BAKED BEANS PEACHES & CREAM</p>	<p>8 <u>BIRTHDAY DINNER</u> BAKED CHICKEN MASHED POTATOES STEAMED CARROTS PICKLED BEETS BIRTHDAY CAKE</p>	<p>9 BBQ PORK RED POTATOES SWEET CORN APPLESAUCE</p>	<p>10 TACO SALAD REFRIED BEANS FRESH FRUIT COOKIES</p>	<p>11 CHICKEN NOODLE SOUP GRILLED CHEESE LETTUCE SALAD FRUIT</p>
<p>14 POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROT COINS APPLESAUCE</p>	<p>15 HUNGARIAN GOULASH GOLDEN CORN FRUIT SALAD COOKIES</p>	<p>16 ROAST BEEF SWEET POTATOES MIXED VEGGIES CRANBERRIES JUICY PEARS</p>	<p>17 CHICKEN ROLL-UPS REFRIED BEANS GARDEN SALAD PINEAPPLE ICE CREAM</p>	<p>18 MEATLOAF MASHED POTATOES GREEN PEAS DICED BEETS PEACHES</p>
<p>21 HAMBURGER PATTY WITH GRAVY MASHED POTATOES GARDEN PEAS FRUIT SALAD COOKIES</p>	<p>22 BAKED COD WILD RICE MIXED VEGGIES GARDEN SALAD APPLE RINGS</p>	<p>23 BAKED SPAGHETTI GOLDEN CORN PICKLED BEETS PEACHES</p>	<p>24 CHICKEN SANDWICH TATER TOTS BAKED BEANS GOLDEN PEARS</p>	<p>25 HAM & POTATO SOUP GRILLED CHEESE LETTUCE SALAD FRUIT</p>
<p>28 BBQ CHICKEN TATER TOTS BAKED BEANS FRUITSALAD</p>	<p>29 HAM & BEAN SOUP GRILLED CHEESE CARROT COINS LETTUCE SALAD GOLDEN PEARS</p>	<p>30 CHICKEN CHOW MEIN ORIENTAL VEGGIES & RICE GREEN PEAS FRUIT MIX ICE CREAM</p>	<p>31 HAMBURGER ROLL-UPS REFRIED BEANS TOSSED SALAD SWEET PEACHES CINNAMON ROLLS</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