




**LINCOLN SENIOR CENTER MENU MARCH, 2017**
  
**For Additional Information Call 362-4504**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> HAMBURGER TATER TOTS BAKED BEANS FRUIT SALAD ICE CREAM	<b>2</b> SPAGHETTI W/MEAT SAUCE MIXED VEGETABLES GOLDEN CORN APPLE RINGS COOKIE	<b>3</b> PORK ROAST MASHED POTATOES GREEN BEANS CRANBERRIES
<b>6</b> POLISH SAUSAGE SAUERKRAUT RED POTATOES STEAMED CARROTS GOLDEN PEARS	<b>7</b> HAMBURGER PATTY MASHED POTATOES & GRAVY GREEN PEAS BUTTER BEETS FRUIT	<b>8</b> BBQ CHICKEN TATER TOTS BAKED BEANS COLESLAW DESSERT	<b>9</b> TACO SALAD MEXICAN BEANS FRUIT MIX ICE CREAM	<b>10</b> GRILLED CHEESE SANDWICH HAM & POTATO SOUP GREEN SALAD SWEET PEACHES
<b>13</b> <u>MEETING DAY</u> <u>DAYLIGHT SAVINGS-CLOCKS AHEAD</u> BAKED COD WILD RICE GREEN BEANS GARDEN SALAD W/BEANS FRUIT SALAD	<b>14</b> <u>BIRTHDAY DINNER</u> MONTANA MEATLOAF MASHED POTATOES CARROT COINS DICED BEETS CAKE	<b>15</b> CHICKEN FRIED STEAK MASHED POTATOES GARDEN PEAS CRANBERRIES ICE CREAM	<b>16</b> CORNED BEEF & CABBAGE CARROT COINS IRISH POTATOES BLARNEY BEETS LUCKY PEACHES	<b>17</b> BBQ PORK RED POTATOES SWEET CORN COOKED CARROTS APPLESAUCE
<b>20</b> HAM & SCALLOPED POTATOES GREEN BEANS APPLESAUCE ICE CREAM	<b>21</b> BAKED CHICKEN BREAD STUFFING GOLDEN CORN CRANBERRIES SWEET PEACHES	<b>22</b> PORK ROAST MASHED POTATOES CARROT COINS APPLE RINGS PINEAPPLE DESSERT	<b>23</b> HAMBURGER ROLL-UPS MEXICAN BEANS COLESLAW FRUIT ICE CREAM	<b>24</b> HAM SANDWICH CHICKEN NOODLE SOUP VEGGIE SALAD GOLDEN PEARS
<b>27</b> TATER TOT CASSEROLE CARROT COINS CRANBERRIES CINNAMON ROLLS	<b>28</b> GRILLED CHEESE SANDWICH HAM & BEAN SOUP SALAD MIX JUICY PEARS	<b>29</b> <u>COMMODITIES 12:30-1:00PM</u> HUNGARIAN GOULASH MIXED VEGGIES APPLE RINGS COOKIES	<b>30</b> CHICKEN AND RICE GREEN PEAS BUTTER BEETS 3 BEAN SALAD SWEET PEACHES	<b>31</b> BAKED HAM SWEET POTATOES GREEN BEANS APPLESAUCE

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.