





**LINCOLN SENIOR CENTER MENU MARCH, 2018**
  
 For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ CHICKEN RED POTATOES BAKED BEANS COLESLAW SWEET PEARS	2 MONTANA MEATLOAF MASHED POTATOES GREEN PEAS PINEAPPLE ICE CREAM
5 FISH SANDWICH TATER TOTS GREEN BEANS PEACH SALAD ICE CREAM	6 CHICKEN & BEAN CASSEROLE GREEN PEAS CARROT RAISIN SALAD GOLDEN PEARS	7 ROAST BEEF MASHED POTATOES STEAMED CARROTS PICKLED BEETS JUICY PEACHES	8 HAMBURGER w/MASHED POTATOES & GRAVY MIXED VEGGIES CRANBERRIES ICE CREAM	9 BEAN & HAM SOUP FRESH BAKED BISCUIT GOLDEN CORN VEGGIE SALAD FRUIT SALAD
12 <u>MEETING DAY</u> POLISH SAUSAGE w/SAUERKRAUT RED POTATOES COLESLAW APPLESAUCE	13 <u>BIRTHDAY DINNER</u> ROAST TURKEY BREAD STUFFING GREEN BEANS SWEET CORN CRANBERRIES BIRTHDAY CAKE	14 CORNED BEEF & CABBAGE RED POTATOES LUCKY CARROTS FRUIT SALAD CHERI'S DESSERT	15 BAKED SPAGHETTI MIXED VEGGIES BEAN SALAD PINEAPPLE	16 TATER TOT CASSEROLE BAKED BEANS FRUIT COOKIE
19 CHICKEN SANDWICH TATER TOTS BAKED BEANS MIXED FRUIT	20 HAM & SCALLOPED POTATOES CARROT COINS APPLESAUCE COOKIE	21 <u>COMMODITIES 12:30-1:00PM</u> CHICKEN FRIED STEAK MASHED POTATOES GARDEN PEAS CRANBERRIES	22 TACO SALAD MEXICAN BEANS FRUIT MIX CINNAMON ROLL	23 CHICKEN NOODLE SOUP GRILLED CHEESE DICED BEETS PEACHES w/CREAM
26 HAMBURGER ROLL-UPS MEXICAN BEANS TOSSED SALAD MIXED FRUIT	27 PORK ROAST MASHED POTATOES GOLDEN CORN APPLESAUCE ICE CREAM	28 CHILI CON CARNE PB&J SANDWICH VEGGIE SALAD BLUSHING PEARS	29 CHICKEN & RICE GREEN PEAS MIXED VEGGIES PURPLE BEETS PINEAPPLE CAKE	30 BAKED HAM SWEET POTATOES GREEN BEANS CRANBERRIES PLUMP PEACHES

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.