

# LINCOLN SENIOR CENTER MENU

MAY 2016

For Additional Information Call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- HAMBURGER PATTY MASHED POTATOES & GRAVY GOLDEN CORN APPLE RINGS ICE CREAM	-2- BBQ PORK RED POTATOES MIXED VEGGIES SWEET PEACHES	-3- BEEF STEW FRESH BAKED BISCUIT LETTUCE SALAD W/ BEANS BANANA CREAM PIE	-4- BAKED CHICKEN BREAD STUFFING GARDEN PEAS CRANBERRIES FRUIT DESSERT	-5- TACO SALAD MEXICAN BEANS PINEAPPLE CINNAMON ROLL
-8- <u>MEETING DAY</u> CHICKEN CHOW MEIN BROWN RICE GREEN PEAS CRANBERRIES GOLDEN PEARS	-9- <u>BIRTHDAY DINNER</u> MEATLOAF MASHED POTATOES GREEN BEANS APPLE RINGS BIRTHDAY CAKE	-10- PORK ROAST MASHED POTATOES COOKED CARROTS DICED BEETS APPLESAUCE	-11- HUNGARIAN GOULASH MIXED VEGGIES FRUIT SALAD COOKIE	-12- GRILLED CHEESE SANDWICH CHICKEN & VEGETABLE SOUP LETTUCE SALAD W/ BEANS JUICY PEACHES
-15- TATER TOT CASSEROLE STEAMED CARROTS PEACHES & CREAM CINNAMON ROLLS	-16- CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS PICKLED BEETS JUICY PEARS	-17- HAM & SCALLOPED POTATOES GREEN PEAS CRANBERRIES COOKIES	-18- CHILI CON CARNE PB&J SANDWICH VEGGIE SALAD APPLE CRISP	-19- <u>CLOSED</u>  <u>ALL STAFF DAY</u> 
-22- BAKED COD WILD RICE CARROT COINS GREEN BEANS FRUIT MIX COOKIES	-23- HAMBURGER ON A BUN LETTUCE & TOMATO TATER TOTS BAKED BEANS FRUIT	-24- BBQ PORK RED POTATOES GOLDEN CORN APPLE RINGS ICE CREAM	-25- HAMBURGER ROLLUPS BAKED CHILI BEANS LETTUCE SALAD PINEAPPLE	-26- BAKED HAM SWEET POTATOES PICKLED BEETS JUICY PEACHES
-29- <u>CLOSED MEMORIAL DAY</u> 	-30- POLISH SAUSAGE SAUERKRAUT RED POTATO GREEN BEANS APPLESAUCE ICE CREAM	<u>COMMODITIES 12:30 -1:00</u> -31- BAKED SPAGHETTI MIXED VEGGIES TOSSED SALAD FRUIT MEDLEY COOKIES		

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.