

LINCOLN SENIOR CENTER MENU

NOVEMBER 2017

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAM & SCALLOPED POTATOES STEAMED CARROTS VEGGIE SALAD SWEET PEACHES	2 MEXICAN BEAN SOUP GRILLED CHEESE SANDWICH LETTUCE SALAD PINEAPPLE	3 TURKEY ROAST MASHED POTATOES w/GRAVY GOLDEN CORN CRANBERRIES PUMPKIN DESSERT
6 FISH PATTY WILD RICE MIXED VEGGIES COLESLAW JUICY PEACHES	7 HAM & BEAN SOUP GRILLED CHEESE SANDWICH TOSSED SALAD BAKED APPLES PINEAPPLE CAKE	8 <u>COMMODITIES</u> DIANE'S MEATLOAF MASHED POTATOES GREEN BEANS APPLESAUCE ICE CREAM	9 CHICKEN ROLL UPS MEXICAN BEANS LETTUCE SALAD BLUSHING PEARS	10 CLOSED – VETERAN'S DAY
13 <u>MEETING DAY</u> CHICKEN FRIED STEAK MASHED POTATOES GARDEN PEAS CRANBERRIES ICE CREAM	14 <u>BIRTHDAY DINNER</u> HAMBURGERS LETTUCE & TOMATO TATER TOTS BAKED BEANS SPICED APPLES CHERRY CAKE	15 PORK ROAST MASHED POTATOES PICKLED BEETS APPLESAUCE	16 TACO SALAD MEXICAN BEANS PINEAPPLE COOKIE	17 BAKED HAM SWEET POTATOES GREEN BEANS CRANBERRIES SWEET PEACHES
20 POLISH SAUSAGE SAUERKRAUT RED POTATO CARROT COINS SWEET PEARS	21 CHICKEN NOODLE SOUP GRILLED CHEESE SANDWICH COLESLAW FRUIT SALAD COOKIE	22 HAMBURGER ROLLUPS MEXICAN BEANS LETTUCE SALAD JUICY PEACHES	23 CLOSED – THANKSGIVING 	24 CLOSED - THANKSGIVING
27 CHICKEN SANDWICH TATER TOTS BAKED BEANS LETTUCE SALAD FRUIT	28 BBQ PORK RED POTATOES GOLDEN CORN FRUIT SALAD COOKIE	29 CHICKEN CHOW MEIN BROWN RICE GARDEN PEAS BLUSHING PEARS	30 BEEF BURRITO REFRIED BEANS LETTUCE SALAD SWEET 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.

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