

# LINCOLN SENIOR CENTER MENU OCTOBER 2017

For Additional Information call 362-4504



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 HAMBURGER PATTY MASHED POTATOES CARROT COINS APPLESAUCE COOKIE</p>	<p>3 PORK SLICE ON BREAD W/GRAVY SWEET CORN CRANBERRIES APPLE CRISP</p>	<p>4 <u>WOOD CARVING</u> CHICKEN CHOW MEIN w/ORIENTAL VEGETABLES BROWN RICE GARDEN PEAS PEACHES</p>	<p>5 HAMBURGER ROLLUP REFRIED BEANS COLESLAW FRUIT ICE CREAM</p>	<p>6 BAKED HAM SWEET POTATOES STEAMED CARROTS APPLESAUCE COOKIE</p>
<p>9 UGLY DOGS (CHILI DOGS) VEGGIE SALAD FRESH FRUIT</p>	<p>10 <u>BIRTHDAY LUNCH</u> CHICKEN FRIED STEAK MASHED POTATOES GREEN PEAS CRANBERRIES ICE CREAM</p>	<p>11 <u>WOOD CARVING</u> BAKED COD WILD RICE CARROTS COLESLAW JUICY PEARS</p>	<p>12 TACO SALAD MEXICAN BEANS PINEAPPLE COOKIE</p>	<p>13 CHICKEN NOODLE SOUP GRILLED CHEESE GREEN BEANS APPLESAUCE</p>
<p>16 HAMBURGER TATER TOTS BAKED BEANS MACARONI &amp; VEGGIE SALAD FRUIT</p>	<p>17 TURKEY NOODLE SOUP GRILLED CHEESE LETTUCE SALAD GOLDEN PEARS</p>	<p>18 <u>WOOD CARVING</u> PORK ROAST MASHED POTATOES GREEN BEANS APPLESAUCE ICE CREAM</p>	<p>19 CHICKEN ROLLUP MEXICAN CORN COLESLAW PEACHES</p>	<p>20 HAM &amp; SCALLOPED POTATOES GARDEN PEAS CRANBERRIES CINNAMON ROLL</p>
<p>23 CHICKEN SANDWICH POTATO SOUP VEGGIE SALAD PEACHES-N-CREAM</p>	<p>24 BBQ PORK STRIPS RED POTATO SWEET CORN PINEAPPLE</p>	<p>25 <u>WOOD CARVING</u> BAKED HAM SWEET POTATOES GARDEN PEAS CRANBERRIES BLUSHING PEARS</p>	<p>26 MEXICAN BEAN SOUP GRILLED CHEESE TOSSED SALAD FRUIT MIX COOKIE</p>	<p>27 HUNGARIAN GOULASH MIXED VEGGIES PICKLED BEETS SWEET PEACHES</p>
<p>30 POLISH SAUSAGE W/SAUERKRAUT RED POTATOES CARROT COINS APPLESAUCE ICE CREAM</p>	<p>31 <u>HAPPY HALLOWEEN</u> MEATLOAF MASHED POTATOES GOLDEN CORN DICED BEETS SWEET PEARS</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, RDN*

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