




LINCOLN SENIOR CENTER MENU

SEPTEMBER, 2017

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 BBQ PORK TATER TOTS BAKED BEANS FRUIT SALAD ICE CREAM</p>
<p>4 LABOR DAY CLOSED</p> 	<p>5 POLISH SAUSAGE SAUERKRAUT CARROT COINS RED POTATOES APPLESAUCE</p>	<p>6 BAKED HAM SWEET POTATOES GREEN PEAS FRUIT SALAD COOKIE</p>	<p>7 CHICKEN ROLL-UP REFRIED BEANS LETTUCE SALAD SWEET PEACHES</p>	<p>8 CHILI CON CARNE PB&J SANDWICH COLESLAW FRUIT SALAD APPLE CAKE</p>
<p>11 CHICKEN FRIED STEAK MASHED POTATOES STEAMED CARROTS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>12 <u>MEETING DAY</u> HAMBURGERS ON A BUN TATER TOTS BAKED BEANS LETTUCE SALAD PINEAPPLE</p>	<p>13 <u>BIRTHDAY DINNER</u> PORK ROAST MASHED POTATOES GOLDEN CORN APPLESAUCE CINNAMON ROLL</p>	<p>14 TACO SALAD REFRIED BEANS BAKED APPLES ICE CREAM</p>	<p>15 CHICKEN CHOW MEIN w/ORIENTAL VEGETABLES BROWN RICE GARDEN PEAS FRUIT MIX</p>
<p>18 BAKED SPAGHETTI GOLDEN CORN DICED BEETS JUICY PEACHES</p>	<p>19 CHICKEN SANDWICH POTATO SOUP COLESLAW FRUIT SALAD COOKIE</p>	<p>20 ROAST BEEF MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>21 HAMBURGER ROLL-UP BAKED BEANS LETTUCE SALAD GOLDEN PEARS</p>	<p>22 SCALLOPED POTATOES & HAM GARDEN PEAS APPLESAUCE CINNAMON ROLL</p>
<p>25 MEATLOAF MASHED POTATOES GARDEN PEAS FRUIT MIX COOKIE</p>	<p>26 FISH PATTY TATER TOTS MIXED VEGGIES LETTUCE SALAD FRESH FRUIT</p>	<p>27 OVEN CHICKEN WILD RICE CARROT COINS 3-BEAN SALAD PEACHES</p>	<p>28 TACO BEAN SOUP GRILLED CHEESE SANDWICH TOSSED GREENS FRUIT SALAD</p>	<p>29 HUNGARIAN GOULASH MIXED VEGGIES PICKLED BEETS PUDDING</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.