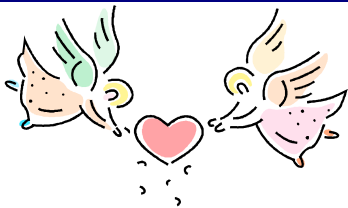
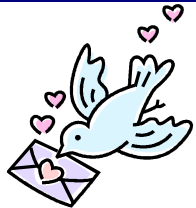




LINCOLN SENIOR CENTER MENU FEBRUARY 2012

For Additional Information call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>-1- HAM SCALLOPED POTATOES GREEN BEANS APPLESAUCE ICE CREAM</p>	<p>-2- <u>BINGO AUCTION</u> HAMBURGER ON A BUN TATER TOTS BAKED BEANS MACIVES SALAD APRICOTS</p>	<p>-3- <u>COMMISIONER'S</u> PORK ROAST MASHED POTATOES MIXED VEGETABLES FRUIT SALAD COOKIES</p>
<p>-6- CHICKEN ROLLUPS REFRIED BEANS GREEN SALAD FRUIT CUP ICE CREAM</p>	<p>-7- BEEF STEW BUTTERMILK BISCUITS LETTUCE SALAD PEACH CAKE</p>	<p>-8- GOULASH MIXED VEGETABLES PICKLED BEETS FRUITED JELLO COOKIES</p>	<p>-9- BBQ PORK CHEESEY POTATOES GOLDEN CORN COLESLAW FRUIT IN SEASON</p>	<p>-10- TACO RICE W/ BEAN SOUP CORN BREAD LETTUCE SALAD APRICOTS BANANA CREAM PIE</p>
<p>-13- <u>MEETING DAY</u> CHICKEN FRIED STEAK MASHED POTATOES GOLDEN CORN CRANBERRIES PUDDING</p>	<p>-14- PASTIES PEAS & CARROTS LETTUCE SALAD W/ GARBANZOES CHERRY CAKE</p>	<p>-15- TATER TOT CASSEROLE PARSLEY CARROTS COLESLAW PEACHES</p>	<p>-16- HAM AND YAMS 4 BEAN SALAD FRUIT SALAD BLUEBERRY COBBLER</p>	<p>-17- MEAT LOAF MASHED POTATOES BROCCOLI APPLE SAUCE ICE CREAM</p>
<p>-20- CLOSED FOR PRESIDENT'S DAY</p>	<p>-21- <u>BIRTHDAY DINNER</u> POLISH SAUSAGE SAUERKRAUT BAKED POTATOES CARROTS SPICE CAKE</p>	<p>-22- BAKED TURKEY MASHED POTATOES CAPRI VEGETABLES CRANBERRIES PUMPKIN PIE</p>	<p>-23- TACO SALAD MEXICAN BEANS FRUIT IN SEASON COOKIES</p>	<p>-24- CHICKEN NOODLE SOUP BISCUITS CARROTS TOSSED GREEN SALAD APPLE CRISP</p>
<p>-27- CHICKEN SANDWICH BAKED BEANS TATER TOTS VEGGIE MACCARONI SALAD PINEAPPLE CAKE</p>	<p>-28- CHILI W/ BEANS PB & J SANDWICH LETTUCE SALAD APPLE/CHERRY DESSERT</p>	<p>-29- BBQ CHICKEN MACCARONI AND CHEESE GREEN BEANS COLESLAW FRUIT IN SEASON</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, Lin Pasch, R.D., Lin Pasch, R.D. *Meals served with 1% Milk, Orange Juice, Coffee, Wheat Bread and Margarine