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| **LINCOLN SENIOR NUTRITION MENU --- July 2024**  Lunch is Served from 11:30 – 12:30  **For More Information Call: (406) 362-4504** \*This menu is subject to change due to product availability | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1**  **BBQ CHICKEN SANDWICH**  **BAKED BEANS**  **TATER TOTS**  **FRUIT SALAD** | **2**  **HOT DOG ON A BUN**  **POTATO SALAD**  **BAKED BEANS**  **FRESH FRUIT**  **DESSERT** | **3**  **CLOSED**  **http://ts4.mm.bing.net/th?&id=HN.608031897403720073&w=300&h=300&c=0&pid=1.9&rs=0&p=0** | **4**  **CLOSED** | **5**  **http://ts2.mm.bing.net/th?&id=HN.608033559568058081&w=300&h=300&c=0&pid=1.9&rs=0&p=0CLOSED** |
| **8**  **BAKED HAM**  **SWEET YAMS**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SWEET PEACHES** | **9**  BIRTHDAY DINNER  **MEATBALLS W/SAUERKRAUT**  **RED POTATOES**  **CARROT COINS**  **WHOLE GRAIN ROLL**  **GOLDEN PEARS**  **BIRTHDAY CAKE** | **10**  **CHICKEN CHOW MEIN**  **ORIENTAL VEGETABLES**  **PICKLED BEETS**  **FRUIT SALAD** | **11**  **CHICKEN FRIED STEAK**  **MASHED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN BREAD**  **CRANBERRIES** | **12**  **BBQ PORK SANDWICH**  **BAKED BEANS**  **CREAMY COLESLAW**  **PINEAPPLE**  **DESSERT** |
| **15**  **CLOSED** | **16**  **HAM & SCALLOPED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **SPICED APPLES** | **17**  **CHICKEN-N-STUFFING**  **MASHED POTATOES**  **GREEN BEANS**  **CRANBERRIES & PEARS** | **18**  **SPAGHETTI W/MEAT SAUCE**  **GOLDEN CORN**  **STEAMED BROCCOLI**  **PINEAPPLE**  **DESSERT** | **19**  **COD FILLET**  **WILD RICE**  **STEAMED CARROTS**  **BEAN SALAD**  **JUICY PEACHES** |
| **22**  **POLISH DOG**  **SAUERKRAUT**  **RED POTATOES**  **GREEN BEANS**  **WHOLE GRAIN ROLL**  **FRUIT SALAD** | **23**  **BAKED CHICKEN**  **RICE PILAF**  **BROCCOLI SPEARS**  **APPLES & CARROTS**  **CRANBERRIES** | **24**  **DIANE’S MEATLOAF**  **MASHED POTATOES**  **BRUSSELS SPROUTS**  **WHOLE GRAIN BREAD**  **SWEET PEACHES**  *\*COMMODITIES\** | **25**  **BBQ PORK**  **RED POTATOES**  **MIXED VEGETABLES**  **WHOLE GRAIN ROLL**  **PINEAPPLE**  **DESSERT** | **26**  **HAMBURGER ON A BUN**  **LETTUCE & PICKLE**  **COLESLAW**  **BAKED BEANS**  **MANDARIN ORANGES** |
| **29**  **FISH PATTY ON A BUN**  **MIXED VEGETABLES**  **BEAN SALAD**  **JUICY PEARS**  **DESSERT** | **30**  **PORK ROAST**  **MASHED POTATOES**  **STEAMED CARROTS**  **WHOLE GRAIN ROLL**  **BAKED APPLES** | **31**  **TATER TOT CASSEROLE**  **GREEN PEAS**  **PICKLED BEETS**  **MANDARIN ORANGES** | **Image result for JULY CLIPART** | Low-fat milk is delivered daily  and served daily at the  Dinner Club |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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 $5.00. Required charge for under 60 years $7.00.**