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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 dailyand served daily at theDinner 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.**