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| Related imageLINCOLN SENIOR NUTRITION MENU – OCTOBER 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** |
| *Low-fat milk is delivered daily**and served daily at the**Dinner Club* | **1****MEATBALLS W/SAUERKRAUT****RED POTATOES****CARROT COINS****WHOLE GRAIN ROLL****GOLDEN PEARS** | **2****CHICKEN CHOW MEIN****ORIENTAL VEGETABLES****PICKLED BEETS****FRUIT SALAD**  | **3****CHICKEN FRIED STEAK****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****CRANBERRIES** | **4****BBQ PORK SANDWICH****BAKED BEANS****APPLES & CARROTS****PINEAPPLE** **DESSERT** |
| **7****COD FILLET****WILD RICE****GREEN BEANS****BEAN SALAD****JUICY PEACHES**  | **8**BIRTHDAY DINNER**CHICKEN W/BROWN RICE****BROCCOLI & CAULIFLOWER****DICED BEETS****FRUIT SALAD** **BIRTHDAY CAKE** | **9****BEEF GOULASH** **GOLDEN CORN** **PEAS & CARROTS****SWEET PEARS**  | **10****BBQ CHICKEN SANDWICH****BAKED BEANS****COLESLAW****APPLESAUCE** | **11****MONTANA PASTIES****CARROT COINS****GREEN PEAS****WHOLE GRAIN ROLL****PLUMP PEACHES**  |
| **14****CLOSED**[This Photo](https://english4childrentoday.blogspot.com/2010/10/12th-of-october-happy-columbus-day.html) by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/3.0/) | **15****SLOPPY JOES ON A BUN****BAKED BEANS****CRISP COLESLAW****APPLESAUCE**  | **16****CHICKEN-N-STUFFING****MASHED POTATOES** **GREEN BEANS****CRANBERRIES & PEARS** **DESSERT** | **17****HAM & SCALLOPED POTATOES****MIXED VEGETABLES****WHOLE GRAIN ROLL****SPICED APPLES** | **18****SPAGHETTI W/MEAT SAUCE****GOLDEN CORN****STEAMED BROCCOLI****PINEAPPLE** |
| **21****POLISH DOG****SAUERKRAUT****RED POTATOES****GREEN BEANS****WHOLE GRAIN ROLL****FRUIT SALAD**  | **22****BAKED CHICKEN****RICE PILAF** **BROCCOLI SPEARS****APPLES & CARROTS****CRANBERRIES**  | **23****DIANE’S MEATLOAF****MASHED POTATOES****BRUSSELS SPROUTS****WHOLE GRAIN BREAD****SWEET PEACHES****DESSERT** | **24****BBQ PORK****RED POTATOES****MIXED VEGETABLES****WHOLE GRAIN ROLL****PINEAPPLE** | **25****HAMBURGER ON A BUN** **LETTUCE & PICKLE****TATER TOTS****BAKED BEANS****MANDARIN ORANGES** |
| **28****A group of colorful leavesCLOSED** | **29****PORK ROAST****MASHED POTATOES****STEAMED CARROTS****WHOLE GRAIN ROLL****BAKED APPLES** | **30****TATER TOT CASSEROLE****GREEN PEAS****PICKLED BEETS****MANDARIN ORANGES**  | **31**HAPPY HALLOWEEN**CHILLING CHICKEN ROLL UP****BATTY BEANS****CREEPY CARROTS & APPLES****FREEKISHLY FRESH FRUIT****DEVILISH DESSERT** |  |

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

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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.**