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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.**