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| **C:\Users\sdonaldson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\74XJA0E4\Sunshine-smile[1].pngLINCOLN SENIOR NUTRITION MENU - AUGUST 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** |
| ***C:\Users\sdonaldson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YIB7AFNK\pinwheels[1].png*** | Low-fat milk is delivered dailyand served daily at theDinner Club | ***C:\Users\sdonaldson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YIB7AFNK\pinwheels[1].png*** | **1****BBQ CHICKEN SANDWICH****BAKED BEANS****TATER TOTS****FRUIT SALAD**  | **2****MONTANA PASTIES****APPLES & CARROTS****GREEN BEANS****WHOLE GRAIN ROLL****PLUMP PEACHES**  |
| **5**A watermelon with black dots  Description automatically generated**CLOSED**  | **6****MEATBALLS W/SAUERKRAUT****RED POTATOES****CARROT COINS****WHOLE GRAIN ROLL****GOLDEN PEARS** | **7****CHICKEN CHOW MEIN****ORIENTAL VEGETABLES****PICKLED BEETS****FRUIT SALAD**  | **8****CHICKEN FRIED STEAK****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN BREAD****CRANBERRIES** | **9****BBQ PORK SANDWICH****BAKED BEANS****CREAMY COLESLAW****PINEAPPLE** **DESSERT** |
| **12****SLOPPY JOES ON A BUN****BAKED BEANS****PURPLE BEETS****APPLESAUCE**  | **13**BIRTHDAY DINNER**HAM & SCALLOPED POTATOES****MIXED VEGETABLES****WHOLE GRAIN ROLL****SPICED APPLES****BIRTHDAY CAKE** | **14****CHICKEN-N-STUFFING****MASHED POTATOES** **GREEN BEANS****CRANBERRIES & PEARS**  | **15****SPAGHETTI W/MEAT SAUCE****GOLDEN CORN****STEAMED BROCCOLI****PINEAPPLE** | **16****COD FILLET****WILD RICE****STEAMED CARROTS****BEAN SALAD****JUICY PEACHES** |
| **19****CLOSED** A watermelon with black dots  Description automatically generated | **20****BAKED CHICKEN****RICE PILAF** **BROCCOLI SPEARS****APPLES & CARROTS****CRANBERRIES**  | **21****DIANE’S MEATLOAF****MASHED POTATOES****BRUSSELS SPROUTS****WHOLE GRAIN BREAD****SWEET PEACHES****DESSERT** | **22****BBQ PORK****RED POTATOES****MIXED VEGETABLES****WHOLE GRAIN ROLL****PINEAPPLE** | **23****HAMBURGER ON A BUN** **LETTUCE & PICKLE****COLESLAW****BAKED BEANS****MANDARIN ORANGES** |
| **26****FISH PATTY ON A BUN****MIXED VEGETABLES****BEAN SALAD** **JUICY PEARS****DESSERT** | **27****PORK ROAST****MASHED POTATOES****STEAMED CARROTS****WHOLE GRAIN ROLL****BAKED APPLES** | **28****TATER TOT CASSEROLE****GREEN PEAS****PICKLED BEETS****MANDARIN ORANGES**  | **29****CHICKEN ROLL UP****MEXICAN BEANS****APPLES & CARROTS****FRESH FRUIT** | **30****HAMBURGER PATTY W/GRAVY****MASHED POTATOES****GREEN BEANS****WHOLE GRAIN ROLL****MIXED FRUIT** |

**![C:\Users\sdonaldson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\74XJA0E4\Sunshine-smile[1].png]()**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.**