

LINCOLN SENIOR CENTER
 150 JENCKES HILL ROAD
 LINCOLN RI, 02865
 Phone #401-753-7000



We kindly request you arrive on time for lunch reservation. If you are more than 10 minutes late, we will be unable to accommodate you.
 Carmen Reverdes, Meal Site Coordinator.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 #1 Navy bean soup Chicken French stew Green Beans Mashed potatoes Sliced peaches #2 Chicken salad on wheat	3 #1 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears #2 Tossed salad w/ chicken	4 #1 Mushroom barley soup Mediterranean chicken Potatoes, mushrooms & tomatoes Sliced melon #2 Tuna salad plate	5 #1 Tomato rice soup Sweet & sour pork tenderloin, Broccoli, bell peppers & pineapple White rice w/green onions Cake #2 Greek salad w/ chicken	6 #1 Mediterranean Lentil soup Lemon pepper baked fish, Roasted Potato Cole slaw Cookies #2 Turkey & cheese/ wheat
9 #1 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie #2 Egg salad on rye	10 #1 Minestrone soup Stuffed shell w/meatball Green beans Roasted potatoes Sliced pears #2 Seafood salad plate	11 #1 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum, Tom, Kale, Spinach, onion, celery) Mixed fruit #2 Turkey sandwich/ wheat	12 <p style="text-align: center;">St. Patty's Lunch</p> <p style="text-align: center;">\$10.00</p>	13 #1 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples #2 Greek salad w/ chicken
16 #1 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon #2 Ham salad on wheat	17 #1 Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Brownie #2 Cobb salad	18 #1 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon #2 Tuna salad plate	19 #1 Mushroom barley soup Open turkey sandwich w/gravy, Roasted carrots Mashed sweet potatoes Sugar cookie #2 Chef salad	20 #1 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches #2 Chicken salad sandwich
23 #1 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie #2 Chicken salad on rye	24 #1 Minestrone soup Pepper steak w/gravy Mashed potatoes Roasted Vegetables Sliced peaches #2 Chef salad	25 #1 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail #2 Ham & Cheese on rye	26 #1 Kale & chickpea soup Meatloaf w /gravy Mashed potatoes Buttered corn Cake #2 Greek salad w/ chicken	27 #1 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears #2 Tuna salad on rye
30 #1 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon #2 Italian grinder	31 #1 Vegetable barley soup Oven roasted chicken Rice pilaf Roasted vegetables Tropical fruit #2 Tossed salad w/chicken		Dinner rolls are served with all meals	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging

WELCOME!
 Our suggested donation is \$3.00 per meal.
 Lunch is served **At 12:00 pm -1pm.**
Wednesday: 11:45am -12:45pm
 The menu is subject to change without notice.
 All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.
 Please reserve your weekly meal choice(s) 3 business days in advance, before noon, monthly orders accepted. EBT cards are accepted!
Call 753-7000 for information.

SERVING SIZES
 Grains – 2 ounces
 Vegetables – ½cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

