

**May 2023 Menu EXCELSIOR SPRINGS SENIOR CENTER 630-5955**

 <p><b>EXCELSIOR SPRINGS Senior Center</b></p>	MON	TUE	WED	THU	FRI
<p>The suggested donation is \$2 per senior meal (60+). \$5.75 for non-senior guests.</p> <p>Lunch is served promptly at 11:30am. <b>Please be present and checked in before 11:25am.</b></p> <p>You may reserve a meal up to two weeks in advance.</p> <p>Please call 630-5955 to make or cancel your reservation.</p> <p><b>Please make or cancel your reservation by noon the serving day before.</b></p> <p>Make checks payable to "MARC".</p> <p><b>Inclement Weather Line 816-826-9024</b></p>	<p>1 Pulled pork on a hoagie roll, white corn w/ pepper, coleslaw, apple slices</p>	<p>2 Chicken stir fry w/ vegetables on brown rice, soy sauce, pickled beets, Mandarin oranges, bread, grahams</p>	<p>3 Penne pasta w/ meat sauce, Italian veg., salad w/ tomato/carrot, Italian dressing, pineapple/orange mix, Italian bread, grahams</p>	<p>4 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, stewed apples</p>	<p>5 🎉🎉🎉🎉🎉 <b>Cinco De Mayo</b> 🎉🎉 <b>Fiesta!</b> 🎉🎉 <b>Taco Salad</b>, pinto beans, orange</p>
	<p>8 BBQ chicken on bun, carrots, potato salad, tropical fruit mix</p>	<p>9 Chili w/ beans, cheddar cheese, salad w/ tomato/carrots &amp; French dressing, crackers, peach cobbler</p>	<p>10 Chicken Parmesan w/ penne pasta, broccoli, bread, salad w/ tomato &amp; carrot, French dressing, banana, graham crackers</p>	<p>11 Sloppy Joes on a bun, potato wedges, Scandinavian vegetables, apple slices</p>	<p>12 Breaded fish, tartar sauce pickled beets, green beans, citrus fruit mix, bread, tartar sauce, graham crackers</p>
	<p>15 Meatloaf w/ brown gravy, mashed potatoes, country blend, peaches &amp; strawberries, wheat dinner roll</p>	<p>16 Seasoned chicken breast, potatoes au gratin, pineapple-mandarin mix, broccoli, bread, graham crackers</p>	<p>17 Salisbury steak w/ gravy, sweet potatoes, broccoli, citrus fruit cup, bread, shortbread cookies</p>	<p>18 Chicken strips, potato wedges, salad w/ French dressing, honey mustard, orange, graham crackers, bread</p>	<p>19 Meatball sub on a hoagie roll, root vegetables &amp; kale, salad w/ tomato/carrot, Italian dressing, orange</p>
	<p>22 Beef-mac caserole, green beans, banana pudding w/ vanilla wafers, pears, bread</p>	<p>23 Beef stew w/ vegetables, salad w/ tomatoes/carrots &amp; ranch dressing, banana, corn muffin, oatmeal raisin cookie</p>	<p>24 Battered tilapia, cole slaw, sweet potatoes, peaches &amp; strawberries, bread, vinegar, tartar sauce, oatmeal raisin cookie</p>	<p>25 Hamburger on a bun, sweet potatoe wedges, salad w/ tomatoes/carrots banana, ranch dressing, banana</p>	<p>26 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll <b>Birthday PARTY!</b></p>
	<p>30 <b>CLOSED</b></p> 	<p>30 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit cup, shortbread cookie</p>	<p>31 Chicken stir fry w/ vegetables on brown rice, soy sauce, pickled beets, Mandarin oranges, bread, grahams</p>	<div style="border: 1px solid black; padding: 5px;"> <p><i>If you are unable to attend your lunch reservation, please call Jeff at 630-5955 so we can serve walk-ins who don't have reservations.</i></p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p><b>Please call 630-5955 to make a lunch reservation BEFORE NOON THE SERVING DAY Prior (non-holiday).</b></p> </div>	

The purpose of the Lunch Program is to meet the dietary guidelines of providing 1/3 of the recommended daily allowance of nutritional needs for our seniors. All meals include margarine lite, 1% milk, coffee and iced tea.