

FEBRUARY 2024 Menu **EXCELSIOR SPRINGS SENIOR CENTER** **630-5955**

	MON	TUE	WED	THU	FRI	
 <p>EXCELSIOR SPRINGS Senior Center</p> <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. Please be present and checked in before 11:25am.</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>Please make or cancel your reservation by noon the serving day before.</p> <p>Make checks payable to "MARC".</p> <p>Inclement Weather Line 816-826-9024</p>	<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day <u>prior</u> (non-holiday).</p>		<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>		<p>1 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread</p>	<p>2 Swiss steak w/ tomato gravy, mashed potatoes, peas & carrots, apple slices, multigrain bread, tapioca pudding</p>
	<p>5 BBQ chicken on a bun, Prince Edward vegetable mix, potato salad, tropical fruit mix</p>	<p>6 Chicken stir fry w/ vegetables on rice, soy sauce, cole slaw, pineapple/mandarin orange mix, white bread</p>	<p>7 Beef mac casserole, Scandinavian vegetables, pears, vanilla wafers and banana pudding, wheat bread</p>	<p>8 TACO SALAD pinto beans, orange</p>		<p>9 Beef hamburger on a bun, steak fries, salad w/ tomatoes/carrots banana, 1000 Island dressing, banana</p>
	<p>12 Meatloaf w/ brown gravy, mashed potatoes, country blend veg., pears & strawberries, wheat dinner roll</p>	<p>13 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread</p>	<p>14 Valentine's Day Battered Tilapia, tartar sauce, spinach, sweet potatoes, peaches & strawberries, bread, vinegar, oatmeal raisin cookie, tartar sauce</p>	<p>15 Scrambled eggs, turkey sausage links, hash browns, applesauce, biscuit, jelly, oatmeal square</p>	<p>16 Breaded fish, tartar sauce, coleslaw, spinach, corn muffin, citrus fruit mix, vinegar, tartar sauce</p>	
	<p>19 CLOSED</p> 	<p>20 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>21 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, stewed apples</p>	<p>22 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit</p>	<p>23 Oven fried chicken, mashed potatoes w/ gravy, green beans, orange cake, ice cream, dinner roll Birthday PARTY!</p>	
	<p>26 Seasoned chicken breast, broccoli, potatoes au gratin, pineapple/mandarin mix, multigrain bread, shortbread cookies</p>	<p>27 Chili w/ beans, shredded cheddar, salad w/ tomato/carrot, French dressing, crackers... peach cobbler!</p>	<p>28 Chicken strips, potato wedges, salad w/ tomato & carrot w/ French dressing, orange, multigrain bread, grahams, honey mustard</p>	<p>29 Pulled pork on a hoagie, white corn w/ peppers, coleslaw, apple slices</p>		

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.