

September 2022 Menu **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955



**EXCELSIOR
SPRINGS
Senior Center**

The suggested donation is \$2 per senior meal (60+).

\$5.75 for non-senior guests.

Lunch is served promptly at 11:30am. **Please be present and checked in before 11:25am.**

You may reserve a meal up to two weeks in advance.

Please call 630-5955 to make or cancel your reservation.

Please make or cancel your reservation by noon the serving day before.

Make checks payable to "MARC".

**Inclement Weather Line
816-826-9024**

MON	TUE	WED	THU	FRI
<p>Please call 630-5955 to make a lunch reservation the <u>weekday prior (non-holiday)</u> before noon. <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 Chicken patty on bun, potatoes O'Brien, broccoli, watermelon, Miracle Whip</p>	<p>2 Swiss steak w/ tomato, mashed potatoes, carrots, orange, bread, tapioca pudding</p>
<p>5 CLOSED ★ HAPPY LABOR DAY</p>	<p>6 Pulled pork on hoagie, white corn w/ peppers, coleslaw, apple slices</p>	<p>7 Chicken Parmesan, penne pasta, broccoli, salad w/ tomato/carrot, French dressing, banana, bread, Grahams</p>	<p>8 Penne pasta w/ meat sauce, Italian veg., salad w/ tomato/carrot, Italian dressing, pineapple/orange mix, Italian bread, grahams</p>	<p>9 RED FRIDAY! Chicken burrito, chuckwagon corn, salad w/ tomato/carrot ranch dressing, stewed apples </p>
<p>12 BBQ chicken on bun, Prince Edward mix, potato salad, tropical fruit mix</p>	<p>13 Taco Salad, pinto beans, orange</p>	<p>14 Battered tilapia, cole slaw, sweet potato, tropical fruit, white bread, oatmeal raisin cookie, tartar sauce, vinegar</p>	<p>15 BBQ beef in a bun, potato salad, California blend, banana</p>	<p>16 Meatloaf w/ brown gravy, mashed potatoes, fiesta vegetables, pears & strawberries, wheat dinner roll</p>
<p>19 Beef-Mac casserole, Scandinavian veg., pears, vanilla wafer & banana pudding, wheat bread</p>	<p>20 Chicken strips, sweet potato wedges, salad w/ carrot/tomato & 1000 Island dressing, orange, bread, honey mustard, Grahams</p>	<p>21 Sloppy Joes on a bun, potato salad, carrots, apple slices</p>	<p>22 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread</p>	<p>23 Hamburger on a bun, steak fries, salad w/ tomatoes/ carrots, Ranch dressing, banana</p>
<p>26 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, fruit citrus cup</p>	<p>27 Breaded fish, pickled beets, green beans, citrus fruit cups, white bread, tartar sauce</p>	<p>28 Seasoned chicken breast, potatoes AuGratin, pineapple-mandarin mix, broccoli, white bread, Graham crackers</p>	<p>29 Scrambled eggs, turkey sausage, hash browns, oatmeal square, apple sauce, whole grain biscuit</p>	<p>30 Oven fried chicken, mashed potatoes w/ gravy, green beans, strawberry ice cream, white cake, bread BIRTHDAY PARTY!</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.