

November 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 BEFORE NOON THE WEEKDAY PRIOR (non-holiday).</p>	1 Swedish meatballs w/ brown gravy on brown rice, stewed tomatoes, green beans, fruit delight, dinner roll, oatmeal raisin cookie	2 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, oatmeal raisin cookie	3 Chicken stir fry w/ vegetables on rice, pickled beets, shortbread cookies, Mandarin oranges, bread	4 RED FRIDAY! Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding
7 Breaded fish, coleslaw, root veg. & kale, tropical fruit mix, multigrain bread, tartar sauce	8 Hamburger on a bun, potatoe wedges, salad w/ tomatoes/carrots banana, 1000 Island dressing, banana	9 Taco Salad , pinto beans, orange	10 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread	11 CLOSED 
14 Meatloaf w/ brown gravy, mashed potatoes, fiesta vegetables, pears & strawberries, wheat dinner roll	15 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit cup	16 Cottage Pie, mashed potatoes, green beans, pineapple-Mandarin orange mix, dinner roll	17 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot ranch dressing, stewed apples	18 RED FRIDAY! Oven fried chicken, mashed potatoes w/ gravy, green beans, orange sherbet, white cake, dinner roll BIRTHDAY PARTY!
21 Scrambled eggs, turkey sausage, hash browns, oatmeal square, apple sauce, whole grain biscuit	22 Sloppy Joes on a bun, potato salad, carrots, apple slices	23 THANKSGIVING Turkey w/ turkey gravy, mashed potatoes, green bean casserole, pumpkin pie w/ topping, dinner roll, cranberry sauce	24 CLOSED 	25 CLOSED <i>Thanksgiving Weekend</i>
28 Battered tilapia, spinach, sweet potatoes, tropical fruit mix, white bread, vinegar, tartar sauce, oatmeal raisin cookie	29 Beef-Mac casserole, green beans, vanilla wafer & banana pudding, wheat bread	30 BBQ chicken on bun, Prince Edward mix, potato salad, tropical fruit mix	<p>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.</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.