

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



**EXCELSIOR SPRINGS Senior Center**

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

\$7.00 fee 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 during the current week or the following week.

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".

**Inclément Weather 816-526-5059**

Press 8 for Sr. Center

**MON**

**Closed 11/11**



**TUE**

Please call 630-5955 to make a lunch reservation **BEFORE NOON** the serving day prior (non-holiday).

**WED**

**THU**

If you are unable to attend your lunch reservation, please call us at 630-5955 so we can serve walk-ins who don't have reservations.

**FRI**

1 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix

4 **RED GAMEDAY**  
Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding

5 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, applesauce, wheat bread

6 **TACO SALAD**  
pinto beans, orange

7 Seasoned chicken breast, broccoli, potatoes O'Brien, pineapple/mandarin mix, multigrain bread, shortbread cookie

8 **RED FRIDAY**  
Beef **CHEESE**burger! on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard



12 Chicken & noodles, carrots, salad w/ tomato/carrots w/ 1000 Island dressing, orange, bread

13 Sloppy Joes, potato salad, carrots, apple slices

14 Scrambled eggs, turkey sausage links, hash browns, biscuit, jelly, oatmeal square, applesauce

15 **RED FRIDAY**  
Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, oatmeal raisin cookie

18 Fish, tartar sauce, sweet potatoes, spinach, bread, vinegar, tropical fruit mix, oatmeal raisin cookie

19 Beef mac casserole, green beans, banana, vanilla wafers and banana pudding, multigrain bread

20 BBQ Ribette on a bun, BBQ sauce, carrots, potato salad, pears & strawberries

21 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread

22 **RED FRIDAY**  
Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll **Birthday PARTY!**

25 Chicken stir fry w/ vegetables on rice, soy sauce, pickled beets, mandarin oranges, bread, shortbread cookies

26 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, **Peach Cobbler!**

27 **Thanksgiving**  
Turkey, mashed potatoes w/ turkey gravy, green bean casserole, dinner roll, cranberry sauce, pumpkin pie w/ topping

28 **CLOSED**



29 **CLOSED**

**Thanksgiving Weekend**

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.