

APRIL 2024 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
	1 Breaded fish, pickled beets, green beans, citrus fruit cup, white bread, graham crackers, tartar sauce	2 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread	3 BBQ chicken on a bun, carrots, potato salad, tropical fruit mix	4 Chili w/ beans, shredded cheddar, salad w/ tomato/carrot, French dressing, crackers... peach cobbler!	5 Chicken Parmesan, penne pasta, broccoli, salad w/ tomato/carrot, French dressing, banana, white bread, graham crackers
	8 Sloppy Joes, potato wedges, Scandinavian vegetables, apple slices	9 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, taco sauce, stewed apples	10 TACO SALAD pinto beans, orange	11 Chicken patty on a bun, Miracle Whip, potatoes O'Brien, broccoli, tropical fruit mix	12 Meatloaf w/ brown gravy, mashed potatoes, country blend veg., peaches & strawberries, wheat dinner roll
	15 Seasoned chicken breast, broccoli, potatoes au gratin, pineapple/mandarin mix, multigrain bread, graham crackers	16 Beef mac casserole, green beans, pears, vanilla wafers and banana pudding, wheat bread	17 Chicken strips, potato wedges, salad w/ tomato & carrot w/ French dressing, orange, multigrain bread, grahams, honey mustard	18 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, oatmeal raisin cookie	19 Meatball sub on a hoagie, Italian vegetables, salad w/ tomato & carrot, Italian dressing, orange
	22 Salisbury steak w/ brown gravy, sweet potatoes, broccoli, citrus fruit cup, wheat bread, shortbread cookies	23 Battered Tilapia, tartar sauce, spinach, sweet potatoes, peaches & strawberries, bread, vinegar, oatmeal raisin cookie, tartar sauce	24 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix, short bread cookie	25 Deli turkey Swiss sandwich, salad w/ tomato/carrot, French dressing, potato salad, orange, mustard, mayo	26 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll Birthday PARTY!
	29 Pulled pork on a hoagie, white corn w/ peppers, coleslaw, apple slices	30 Beef CHEESE burger! on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, banana	<p>Please call 630-5955 to make a lunch reservation <u>BEFORE NOON</u> 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>

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.