

NOVEMBER 2023 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><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 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, oatmeal raisin cookie</p>	<p>2 Chicken stir fry vegetables on rice, soy sauce, pickled beets, shortbread cookies, Mandarin oranges, white bread</p>	<p>3 RED FRIDAY  Swiss steak w/ tomato gravy, mashed potatoes, peas & carrots, apple slices, multigrain bread, tapioca pudding</p>
<p>6 Breaded fish, tartar sauce, coleslaw, mac & cheese, green beans, tropical fruit mix, vinegar</p>	<p>7 Taco Salad, pinto beans, orange</p>	<p>8 Cottage pie, mashed potatoes, green beans, pineapple/orange mix, wheat dinner roll</p>	<p>9 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, applesauce, wheat bread</p>	<p>10 CLOSED VETERANS DAY </p>
<p>13 Meatloaf w/ brown gravy, mashed potatoes, fiesta vegetables, pears & strawberries, wheat dinner roll</p>	<p>14 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, stewed apples</p>	<p>15 Cheeseburger on a bun, steak fries, salad w/ tomatoes/carrots banana, 1000 Island dressing, banana</p>	<p>16 Scrambled eggs, turkey sausage links, hash browns, applesauce, biscuit, jelly, oatmeal square</p>	<p>17 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbert, dinner roll Birthday PARTY!</p>
<p>20 RED GAMEDAY  Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>21 Sloppy Joes on a bun, potato salad, carrots, apple slices</p>	<p>22 Thanksgiving Turkey, mashed potatoes w/ turkey gravy, green bean casserole, dinner roll, pumpkin pie w/ whipped topping, cranberry sauce</p>	<p>23 CLOSED </p>	<p>24 CLOSED <i>Thanksgiving Weekend</i> </p>
<p>27 Battered Tilapia, tartar sauce, spinach, sweet potatoes, tropical fruit mix, white bread, vinegar, oatmeal raisin cookie</p>	<p>28 Beef-Mac casserole, green beans, banana, multigrain bread, vanilla wafers & banana pudding</p>	<p>29 Chicken salad, bread, salad w/ tomato/carrot, ranch dressing, cucumber onion salad, oatmeal raisin cookie</p>	<p>30 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread</p>	<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day prior (non-holiday).</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.