




# JULY 2025 Menu EXCELSIOR SPRINGS SENIOR CENTER 630-5955

<div style="text-align: center;">  <p><b>EXCELSIOR SPRINGS Senior Center</b></p> <p>The suggested donation is \$2 per senior meal (60+). \$7.00 fee for non-senior guests. Lunch is served promptly at 11:30am. <b>Please be present and checked in before 11:25am.</b> You may reserve a meal during the current week or the following week. Please call 630-5955 to make or cancel your reservation. <b>Please make or cancel your reservation by noon the serving day before.</b> Make checks payable to "MARC". <b>Inclement Weather 816-526-5059</b> Press 8 for Sr. Center</p> </div>	MON	TUE	WED	THU	FRI
	<p style="color: red; text-align: center;">Please call 630-5955 to make a lunch reservation <b>BEFORE NOON</b> the serving day prior (non-holiday).</p>	1 Fried egg, turkey sausage patty, roasted potatoes, applesauce, biscuit, jelly, fig newton	2 Fish patty on a bun, potatoes O'Brien, carrots, tropical fruit mix, tartar sauce	3 <b>4<sup>th</sup> of July Cookout</b>  We are grilling beef hotdogs and having picnic sides. Save some room for ice cream! <b>A-M-E-R-I-C-A!</b>	4 <b>CLOSED</b> 
	7 Meatloaf, mashed potatoes with brown gravy, fiesta vegetables, pears & strawberries, wheat dinner roll	8 Chicken Parmesan, penne pasta, broccoli, salad w/ tomato & carrot, Italian dressing, bread, banana	9 Battered fish, coleslaw, sweet potatoes, citrus tropical fruit mix, bread, tartar sauce	10 Beef hotdog on a bun, green beans, potato salad, watermelon, ketchup & mustard	11 Chicken burrito, chuckwagon corn, salad w/ tomato & carrot, ranch dressing, stewed apples, taco sauce
	14 BBQ Ribette on a bun, peas & carrots, coleslaw, pears & strawberries, BBQ sauce	15 Chicken strips, potato wedges, salad w/ tomato, carrots & French, orange, graham crackers, bread, honey mustard	16 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix	17 Tuna salad on rye, broccolini, potato salad, banana	18 <b>TACO SALAD</b> pinto beans, orange
	21 Breaded fish, succotash, coleslaw, tropical fruit mix, mac & cheese, tartar sauce	22 Deli Turkey/Swiss sandwich, salad w/ tomato & carrot, French dressing, potato salad, mayo, mustard, orange	23 <b>UPDATED</b> BBQ chicken sandwich on a bun, carrots, 3-bean salad, stewed apples	24 Beef <b>CHEESE</b> burger on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard	25 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, strawberry ice cream, dinner roll <b>Birthday PARTY!</b>
	28 Sloppy Joes on a bun, potato salad, Scandinavian vegetables, peaches & strawberries	29 Seasoned chicken breast, potatoes au gratin, broccoli, pineapple Mandarin orange mix, white bread	30 Beef-Mac casserole, green beans, pears, wheat bread	31 BBQ chicken on a bun, carrots, 3-bean salad, stewed apples	<p style="color: magenta; text-align: center;">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.</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.