


OCTOBER 2024 Menu EXCELSIOR SPRINGS SENIOR CENTER 630-5955

	MON	TUE	WED	THU	FRI
 <p>EXCELSIOR SPRINGS Senior Center</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. Please be present and checked in before 11:25am.</p> <p>You may reserve a meal during the current week or the following week.</p> <p>Please call 630-5955 to make or cancel your reservation. Please make or cancel your reservation by noon the serving day before.</p> <p>Make checks payable to "MARC".</p>	<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day prior (non-holiday).</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 w/ vegetables on rice, soy sauce, pickled beets, mandarin oranges, bread, shortbread cookies</p>	<p>3 Meatloaf, mashed potatoes with brown gravy, fiesta vegetables, pears & strawberries, wheat dinner roll</p>	<p>4 Breaded fish, coleslaw, mac & cheese, green beans, tropical fruit mix, tartar sauce</p>
	<p>7 RED GAMEDAY Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding</p>	<p>8 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, applesauce, wheat bread</p>	<p>9 TACO SALAD pinto beans, orange</p>	<p>10 Seasoned chicken breast, broccoli, potatoes O'Brien, pineapple/mandarin mix, multigrain bread, shortbread cookie</p>	<p>11 Beef CHEESEburger! on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard</p>
	<p>14 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>15 Chicken & noodles, carrots, salad w/ tomato/carrots w/ 1000 Island dressing, orange, bread</p>	<p>16 Sloppy Joes, potato salad, carrots, apple slices</p>	<p>17 Scrambled eggs, turkey sausage links, hash browns, biscuit, jelly, oatmeal square, applesauce</p>	<p>18 RED FRIDAY Veggie bean burger w/ Swiss on a bun, potato wedges, salad w/ tomato/carrot w/ French dressing, banana, ketchup & mustard</p>
	<p>21 Fish, tartar sauce, sweet potatoes, spinach, bread, vinegar, tropical fruit mix, oatmeal raisin cookie</p>	<p>22 Beef mac casserole, green beans, banana, vanilla wafers and banana pudding, multigrain bread</p>	<p>23 BBQ Ribette on a bun, BBQ sauce, carrots, potato salad, pears & strawberries</p>	<p>24 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread</p>	<p>25 RED FRIDAY Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll Birthday PARTY!</p>
	<p>28 Pulled pork on a hoaggie, white corn w/ peppers, coleslaw, apple slices</p>	<p>29 Chicken salad sandwich on wheat, salad w/ tomato/carrot, ranch dressing, cucumber onion salad, applesauce, oatmeal raisin cookie</p>	<p>30 Breaded fish, coleslaw, mac & cheese, green beans, tropical fruit mix, tartar sauce</p>	<p>31 Halloween! Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!</p>	<p><i>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.</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.