

NOVEMBER 2025 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". Inclement Weather 816-526-5059 Press 8 for Sr. Center	MON	TUE	WED	THU	FRI
	Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day <u>prior</u> (non-holiday).			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.	
	3 Swiss steak w/ tomato, potatoes au gratin, peas & carrots, apple slices, bread, butterscotch pudding	4 Pork stir fry w/ vegetables, rice, soy sauce, pickled beets, shortbread cookies, mandarin oranges, bread	5 Beef stew, salad mix w/ ranch dressing, banana, corn muffin, oatmeal raisin cookie	6 Breaded fish, country blend, coleslaw, tropical fruit mix, mac & cheese, tartar sauce	7 TACO SALAD pinto beans, orange
	10 Tuna noodle casserole, cauliflower & carrots, cucumber onion salad, applesauce, wheat bread	11 CLOSED 	12 Meatloaf, mashed potatoes with brown gravy, Capri veg., pears & strawberries, wheat dinner roll	13 Egg omelet, turkey sausage links, cheesy grits, pico de gallo, tortilla, applesauce	14 RED FRIDAY Beef-Mac casserole, green beans, vanilla wafer banana pudding, wheat bread, banana
	17 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix	18 Chicken Fettuccine Alfredo, broccoli, salad w/ tomato/carrot & Italian dressing, Italian bread,	19 Fish, spinach, sweet potatoes, citrus tropical fruit mix, bread, tartar sauce, vinegar, oatmeal raisin cookie	20 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!	21 RED FRIDAY Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll Birthday PARTY!
	24 Sloppy Joes on a bun, potato salad, carrots, apple, yogurt cup	25 Seasoned chicken breast, broccoli, potatoes O'Brien, pineapple/mandarin mix, multigrain bread, shortbread cookie	26 THANKSGIVING Turkey, mashed potatoes w/ turkey gravy, green bean casserole, roll, cranberry sauce, pumpkin pie w/ topping	27 CLOSED 	28 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.