



SEPTEMBER

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>Please call 630-5955 to make a lunch reservation <u>BEFORE NOON</u> the serving day prior (non-holiday).</p>		<p>1 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin</p>
<p>4 CLOSED</p> 	<p>5 Salisbury steak w/ gravy, sweet potatoes, broccoli, citrus fruit cup, wheat bread, oatmeal raisin cookies</p>	<p>6 KICKOFF PARTY! Pulled pork on a hoagie roll, white corn w/ pepper, Mexican coleslaw, apple slices</p>	<p>7 RED GAMEDAY  Chicken patty on a bun, potatoes O'Brien, broccoli, watermelon, Miracle Whip</p>	<p>8 Taco Salad, pinto beans, orange</p>
<p>11 Meatloaf w/ brown gravy, mashed potatoes, fiesta vegetables, pears & strawberries, wheat dinner roll</p>	<p>12 Chicken Parmesan w/ penne pasta, broccoli, bread, salad w/ tomato & carrot, French dressing, banana</p>	<p>13 BBQ Chicken on a bun, carrots, potato salad, tropical fruit mix</p>	<p>14 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, stewed apples</p>	<p>15 RED FRIDAY  BBQ beef on a bun, potato salad, California blend, banana</p>
<p>18 Fish, creamy coleslaw, sweet potatoes, tropical fruit mix, white bread, tartar sauce, shortbread cookies</p>	<p>19 Mystery Party!</p> 	<p>20 Chicken strips, sweet potato wedges, salad w/ Thousand Island dressing, honey mustard, orange, graham crackers, bread</p>	<p>21 Beef-Mac casserole, green beans, pears, wheat bread, vanilla wafers & banana pudding</p>	<p>22 RED FRIDAY  Sloppy Joes on a bun, potato salad, Scandinavian vegetables, peaches & strawberries</p>
<p>25 Seasoned chicken breast, potatoes au gratin, broccoli, pineapple/mandarin mix, bread, oatmeal raisin cookie</p>	<p>26 Hamburger on a bun, steak fries, salad w/ tomatoes/carrots banana, ranch dressing, banana</p>	<p>27 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit cup</p>	<p>28 Breaded fish, tartar sauce, coleslaw, spinach, tropical fruit mix, bread, vinegar</p>	<p>29 RED FRIDAY  Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, strawberry ice cream, bread Birthday PARTY!</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.