

March 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>Please call 630-5955 to make a lunch reservation BEFORE NOON THE WEEKDAY PRIOR (non-holiday).</p>	<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 Chicken strips, sweet potato wedges, salad w/ French dressing, honey mustard, orange, grahams, bread</p>	<p>2 Chili w/ beans, cheddar cheese, salad w/ tomato/carrots & French dressing, crackers, peach cobbler</p>	<p>3 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread</p>
<p>6 Seasoned chicken breast, potatoes au gratin, pineapple-mandarin mix, root vegetables & kale, bread</p>	<p>7 Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding</p>	<p>8 BBQ chicken on bun, Prince Edward mix, potato salad, tropical fruit mix</p>	<p>9 Chicken stir fry w/ vegetables on rice, cole slaw, pineapple-Mandarin orange mix, bread</p>	<p>10 Breaded fish, coleslaw, spinach, citrus fruit mix, corn muffin, tartar sauce, vinegar</p>
<p>13 Swedish meatballs w/ brown gravy on brown rice, stewed tomatoes, green beans, fruit delight, dinner roll, oatmeal raisin cookie</p>	<p>14 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot ranch dressing, stewed apples</p>	<p>15 Meatloaf w/ brown gravy, mashed potatoes, country blend, pears & strawberries, wheat dinner roll</p>	<p>16 Taco Salad, pinto beans, orange</p>	<p>17 st. patrick's party  Corned beef, cabbage, carrots, parsley potatoes, lime sherbet, rye bread </p>
<p>20 Scrambled eggs, turkey sausage, hash browns, oatmeal square, apple sauce, whole grain biscuit</p>	<p>21 Beef-mac caserole, Sandanavian vegetables, banana pudding w/ vanilla wafers, pears, bread</p>	<p>22 Hamburger on a bun, steak fries, salad w/ tomatoes/carrots banana, 1000 Island dressing, banana</p>	<p>23 Chili w/ beans, cheddar cheese, salad w/ tomato/carrots & French dressing, crackers, peach cobbler</p>	<p>24 Battered tilapia, cole slaw, sweet potatoes, peaches & strawberries, bread, vinegar, tartar sauce, oatmeal raisin cookie</p>
<p>27 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit cup</p>	<p>28 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit</p>	<p>29 Seasoned chicken breast, potatoes au gratin, pineapple-mandarin mix, root vegetables & kale, bread</p>	<p>30 Sloppy Joes on a bun, potato salad, carrots, apple slices</p>	<p>31 Oven fried chicken, mashed potatoes w/ gravy, green beans, ice cream, orange cake, dinner roll 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.