

January 2023 Menu **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955

|  <p>EXCELSIOR SPRINGS Senior Center</p> <p>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</p> | MON | TUE | WED | THU | FRI |
|--|--|--|---|--|--|
| | 2 CLOSED  | 3 Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding | 4 BBQ chicken on bun, Prince Edward mix, potato salad, tropical fruit mix | 5 Chicken stir fry w/ vegetables on rice, cole slaw, pineapple-Mandarin orange mix, bread | 6 RED FRIDAY! Beef-mac caserole, Sandanavian vegetables, banana pudding w/ vanilla wafers, pears, bread |
| | 9 Breaded fish, coleslaw, spinach, citrus fruit mix, corn muffin, tartar sauce, vinegar | 10 Hamburger on a bun, steak fries, salad w/ tomatoes/carrots banana, 1000 Island dressing, banana | 11 Swedish meatballs w/ brown gravy on brown rice, stewed tomatoes, green beans, fruit delight, dinner roll, oatmeal raisin cookie | 12 Meatloaf w/ brown gravy, mashed potatoes, country blend, pears & strawberries, wheat dinner roll | 13 Penne pasta w/ meat sauce, Italian veg., salad w/ tomato/carrot, Italian dressing, pineapple/orange mix, Italian bread, grahams |
| | 16 CLOSED Martin Luther King Day  | 17 Scrambled eggs, turkey sausage, hash browns, oatmeal square, apple sauce, whole grain biscuit | 18 Taco Salad , pinto beans, orange | 19 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot ranch dressing, stewed apples | 20 Sloppy Joes on a bun, potato salad, carrots, apple slices |
| | 23 Battered tilapia, cole slaw, sweet potatoes, peaches & strawberries, bread, vinegar, tartar sauce, oatmeal raisin cookie | 24 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit cup | 25 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit | 26 Chili w/ beans, cheddar cheese, salad w/ tomato/carrots & French dressing, crackers, peach cobbler | 27 Oven fried chicken, mashed potatoes w/ gravy, green beans, ice cream, orange cake, dinner roll Birthday PARTY! |
| | 30 Seasoned chicken breast, potatoes au gratin, pineapple-mandarin mix, root vegetables & kale, bread | 31 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread | <p style="text-align: center;">Please call 630-5955 to make a lunch reservation BEFORE NOON THE WEEKDAY PRIOR (non-holiday).</p> | <p style="text-align: center;">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.</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.