

MAY 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
<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day prior (non-holiday).</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>		<p>1 Meatloaf, mashed potatoes with brown gravy, country blend, pears & strawberries, wheat dinner roll</p>	<p>2 Chicken burrito, chuckwagon corn, salad w/ tomato & carrot, ranch dressing, stewed apples, taco sauce</p>
<p>5 TACO SALAD pinto beans, orange</p>	<p>6 Breaded fish, pickled beets, green beans, citrus fruit mix, corn muffin, tartar sauce</p>	<p>7 Beef hotdog on a bun, green beans, potato salad, watermelon, ketchup & mustard</p>	<p>8 BBQ chicken on a bun, carrots, potato salad, tropical fruit mix, fig newton</p>	<p>9 Sloppy Joes on a bun, potato wedges, Scandinavian vegetables, apple slices</p>
<p>12 Salisbury steak w/ brown gravy, sweet potatoes, broccoli, citrus cup, bread, tapioca pudding</p>	<p>13 Chicken breast, fettuccine Alfredo, broccoli, salad w/ Italian dressing, orange, Italian bread</p>	<p>14 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!</p>	<p>15 Battered tilapia, tartar sauce, sweet potatoes, coleslaw, bread, vinegar, peaches & strawberries, oatmeal raisin cookie</p>	<p>16 Penne pasta w/ meat sauce, Italian veg., salad w/ Italian dressing, Italian bread, graham crackers, pineapple/Mandarin mix</p>
<p>19 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>20 Deli Turkey/Swiss sandwich, salad w/ tomato & carrot, French dressing, potato salad, mayo, mustard, orange</p>	<p>21 Pulled pork on a hoagie, white corn w/ peppers, coleslaw, apple slices</p>	<p>22 Chicken strips, potato wedges, salad w/ tomato & carrot w/ French dressing, orange, multigrain bread, grahams, honey mustard</p>	<p>23 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, oatmeal raisin cookie</p>
<p>26 CLOSED</p> 	<p>27 Meatball sub on a hoagie bun, Italian vegetables, salad w/ tomato/carrot, Italian dressing, orange</p>	<p>28 Chicken fried rice, stir fry vegetables, coleslaw, pineapple - mandarin mix, bread</p>	<p>29 Beef CHEESEburger on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard</p>	<p>30 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, 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.