

**APRIL 2026 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".

**Inclément Weather  
816-526-5059**

Press 8 for Sr. Center

MON	TUE	WED	THU	FRI
<p>Please call 630-5955 to make a lunch reservation <b><u>BEFORE NOON</u></b> the serving day <u>prior</u> (non-holiday).</p>		1 Chicken burrito, chuckwagon corn, salad w/ tomato & carrot, ranch dressing, pineapple-orange mix, taco sauce	2 Sloppy Joes, potato wedges, Scandinavian vegetables, apple slices	3 Breaded fish, pickled beets, spinach, citrus fruit mix, corn muffin, tartar sauce
6 Beef hotdog on a bun, three bean salad, potato salad, watermelon, ketchup & mustard	7 Chicken Parmesan, penne pasta, Brussel sprouts, salad w/ tomato & carrot, French dressing, pineapple-orange mix, bread	8 Meatloaf, mashed potatoes with brown gravy, country blend, pears & strawberries, wheat dinner roll	9 Chicken stir fry w/ vegetables on brown rice, coleslaw, pineapple -mandarin mix, soy sauce, bread	10 <b>TACO SALAD</b> pinto beans, orange
13 BBQ chicken on a bun, carrots, potato salad, tropical fruit mix, fig newton	14 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, stewed apples, Ital.bread	15 Beef tater tot casserole, green beans, peaches & strawberries, wheat bread	16 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread	17 Chicken strips, potato wedges, salad w/ tomato & carrot, French dressing, orange, grahams, honey mustard, bread
20 Egg omelet, turkey sausage links, roasted potatoes, biscuit, red grapes, jelly	21 Beef stew, salad w/ tomato & carrot, ranch dressing, biscuit, banana	22 Battered Tilapia, coleslaw, sweet potatoes, peaches & strawberries, bread, tartar sauce, vinegar, snickerdoodle	23 Beef <b>CHEESE</b> burger on a bun, steak fries, salad w/ tom./carrots, 1000 Island, banana, ketchup, mustard	24 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, orange sherbet, dinner roll <b>Birthday PARTY!</b>
27 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix	28 Chicken Fettuccine Alfredo, broccoli, salad w/ tomato/carrot & Italian dressing, Italian bread, orange	29 Smoked pork & beans, cucumber onion salad, banana, corn muffin	30 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, <b>Peach Cobbler!</b>	<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>

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.