

August 2021 Menu **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955



The suggested donation is \$2 per senior meal (60+).

\$5.75 for non-senior guests.

Lunch is served at 11:30am.

You may reserve a meal up to two weeks in advance.

Please call Jeff at 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".

	MON	TUE	WED	THU	FRI
	2 Pulled Pork on a hoagie, white corn w/ pepper, Mexican cole slaw, apple slices	3 Chicken patty on a bun, Miracle Whip, Potatoes O'Brien, broccoli, watermelon	4 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin	5 Salisbury steak w/ brown gravy, sweet potato, broccoli, citrus fruit cup, wheat bread, Graham crackers	6 Chicken Parmesan w/ penne pasta, Brussel sprouts, salad w/ tomato/carrot & French dressing, banana, white bread
	9 Beef-Mac casserole, Scandinavian vegetables, pears, vanilla wafer & banana pudding, wheat bread	10 BBQ chicken on bun, Prince Edward mix vegetables, potato salad, tropical fruit mix	11 Mostaccoli w/ meat sauce, Italian veg., salad w/ Italian dressing, pineapple-mandarin orange mix, Italian bread, Graham crackers	12 Taco Salad, Mexicali mix vegetables, orange	13 Chicken burrito, salad w/ tomato/carrot & Ranch dressing, chuckwagon corn, stewed apples
	16 Battered tilapia, tartar sauce, sweet potato, spinach, vinegar, tropical fruit mix, white bread, shortbread cookie	17 Meatloaf w/ brown gravy, mashed potatoes, Fiesta vegetables, pears & strawberries, wheat dinner roll	18 Chicken Strips w/ honey mustard, sweet potato wedges, salad w/ tomatoes, carrots, 1000 Island dressing, orange, Graham cr.	19 Sloppy Joes on hamburger bun, potatoes Au Gratin, Scandinavian vegetables, peaches & strawberries	20 BBQ Beef on bun, potato salad, California blend, banana
	23 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, citrus fruit cup, wheat dinner roll	24 Hamburger on a bun, steak fries, salad w/ tomatoes, carrots, ranch dressing, banana	25 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, bananas, wheat bread	26 Seasoned chicken breast, potatoes AuGratin, brocolli, pineapple/mandarin orange mix, white bread, Graham cr.	27 Oven fried chicken, mashed potatoes w/ chicken gravy, brocolli, strawberry ice, white cake, white bread BIRTHDAY PARTY!
	30 Breaded fish w/ tartar sauce, coleslaw, spinach, tropical fruit mix, white bread	31 BBQ Ribette on a bun, peas & carrots, vinegar cole slaw, pears & strawberries	Please call 630-5955 to make your reservation the serving day prior before noon. Due to COVID and cleaning guidelines, we will not be having programs before lunch until a later date. Doors will open for lunch at 11:00am.		All meals include margarine lite, 1% milk, coffee and iced tea.

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.