

 <p>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".</p>	<p>MON</p> 	<p>TUE</p> <p>WED</p> <p>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.</p>		<p>THU</p> <p>All meals include margarine lite, 1% milk, coffee and iced tea.</p>	<p>FRI</p>
	<p>4 Chicken stir fry w/ vegetables on rice, soy sauce, pickled beets, shortbread cookies, mandarin oranges, white bread</p>	<p>5 Swiss steak w/ tomato mashed potatoes, peas & carrots, apple slices, multigrain bread, tapioca pudding</p>	<p>6 Breaded fish w/ tartar sauce, coleslaw, spinach, tropical fruit mix, white bread</p>	<p>7 Taco Salad, Mexicali mix vegetables, orange</p>	<p>8 Hamburger on a bun, steak fries, salad w/ tomatoes, carrots, ranch dressing, banana</p>
	<p>11 Meatloaf w/ brown gravy, mashed potatoes, Fiesta vegetables, pears & strawberries, wheat dinner roll</p>	<p>12 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, bananas, wheat bread</p>	<p>13 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, citrus fruit cup, wheat dinner roll</p>	<p>14 Cottage pie, mashed potatoes, green beans, pineapple-Mandarin orange mix, wheat dinner roll,</p>	<p>15 Rice & bean casserole w/ corn and tortilla, salad w/ tomato & carrot & ranch dressing, apple sauce, taco sauce</p>
	<p>18 Sloppy Joes on hamburger bun, potatoes Au Gratin, Scandinavian vegetables, peaches & strawberries</p>	<p>19 Chicken burrito, salad w/ tomato/carrot & Ranch dressing, chuckwagon corn, stewed apples</p>	<p>20 Battered tilapia, tartar sauce, sweet potato, spinach, vinegar, tropical fruit mix, white bread, shortbread cookie</p>	<p>21 Beef-Mac casserole, Scandinavian vegetables, pears, vanilla wafer & banana pudding, wheat bread</p>	<p>22 BBQ chicken on bun, Prince Edward mix vegetables, potato salad, tropical fruit mix</p>
	<p>25 Seasoned chicken breast, potatoes AuGratin, brocolli, pineapple/mandarin orange mix, white bread, Graham cr.</p>	<p>26 Chili w/ beans, cheddar cheese, crackers, salad w/ tomatoes, carrots & French dressing, peach cobbler</p>	<p>27 Mostaccoli w/ meat sauce, Italian veg., salad w/ Italian dressing, pineapple-mandarin orange mix, Italian bread, Graham crackers</p>	<p>28 Pulled Pork on a hoagie, white corn w/ pepper, Mexican cole slaw, apple slices</p>	<p>29 Oven fried chicken, mashed potatoes w/ chicken gravy, brocolli, strawberry ice, white cake, white bread 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.