

January 2020 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
Jan	All meals include margarine lite, 1% milk, coffee and iced tea.	1 CLOSED HAPPY NEW YEAR, 2020!	2 Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, multigrain bread, tapioca pudding	3 BBQ chicken on a bun, Prince Edward mix, potato salad, tropical fruit mix, miracle whip
6 Chicken fried rice w/ stir fry vegetables, coleslaw, pineapple & Mandarin orange mix, white bread	7 Beef-mac casserole, green beans, vanilla wafer & banana pudding, pears, wheat bread	8 Mexican taco salad, Mexicali mix, orange	9 Peppersteak w/ stir fry vegetables, rice, pickled beets, mandarin oranges, multigrain bread	10 Chicken Parmesan, fettucine noodles, Brussels sprouts, salad w/ French dressing, banana, white bread
13 Meatloaf w/ brown gravy, country blend, mashed potatoes, pears & strawberries, wheat dinner roll	14 Breaded catfish, coleslaw, spinach, tropical fruit mix, white bread, tartar sauce, vinegar	15 Beef stew, salad w/ ranch dressing, banana, corn muffin	16 Breaded fish, coleslaw, spinach, citrus fruit cup, corn muffin, tartar sauce, vinegar	17 Chicken patty on a bun, potatoes O'Brien, broccoli w/ cheese sauce, tropical fruit mix, miracle whip
20 CLOSED MARTIN LUTHER KING JR. DAY <i>"The time is always right to do what is right." MLK, Jr</i>	21 Swedish meatballs w/ brown gravy, rice, stewed tomatoes, cabbage, fruit delight, multigrain bread	22 Battered tilapia, tartar sauce, sweet potato, spinach, vinegar, peaches & strawberries, white bread, oatmeal raisin cookies	23 Chicken fried steak w/ country gravy, mashed potatoes, green beans, citrus fruit cup, dinner roll	24 Hamburger on bun w/ ketchup & mustard, steak fries, salad w/ 1000 Island dressing, banana
27 Pulled pork on hoagie, white corn w/ peppers, Mexican cole slaw, apple slices, graham crackers	28 Chili w/ beans, cheddar cheese & diced onions, salad w/ French dressing, peach cobbler, wheat crackers	29 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread	30 Chicken strips w/ honey mustard, sweet potato wedges, salad w/ french dressing, orange, multi grain bread, graham crackers	31 Oven-fried chicken, mashed potatoes, chicken gravy, broccoli, cheese sauce, dinner roll, orange cake & ice cream

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.