


♥ FEBRUARY ♥ 2025 Menu EXCELSIOR SPRINGS SENIOR CENTER 630-5955

	MON	TUE	WED	THU	FRI
 <p>EXCELSIOR SPRINGS Senior Center</p> <p>The suggested donation is \$2 per senior meal (60+). \$7.00 fee for non-senior guests.</p> <p>Lunch is served promptly at 11:30am. Please be present and checked in before 11:25am.</p> <p>You may reserve a meal during the current week or the following week.</p> <p>Please call 630-5955 to make or cancel your reservation.</p> <p>Please make or cancel your reservation by noon the serving day before.</p> <p>Make checks payable to "MARC".</p> <p>Inclement Weather 816-526-5059 Press 8 for Sr. Center</p>	<p>3 Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding</p>	<p>4 BBQ chicken on a bun, Prince Edward vegetables, potato salad, tropical fruit mix</p>	<p>5 SNOW DAY</p>	<p>6 UPDATED TACO SALAD pinto beans, orange</p>	<p>7 UPDATED Chicken fried rice, stir fry vegetables, coleslaw, pineapple - mandarin mix, bread</p>
	<p>10 UPDATED Beef burger on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard</p>	<p>11 Beef mac casserole, Scandinavian vegetables, pears, vanilla wafers and banana pudding, multigrain bread</p>	<p>12 SNOW DAY</p>	<p>13 UPDATED Breaded fish, coleslaw, spinach, green beans, citrus fruit mix, corn muffin, tartar sauce, vinegar</p>	<p>14 ♥ Valentine's Day ♥ Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit</p>
	<p>17 CLOSED </p>	<p>18 SNOW DAY</p>	<p>19 SNOW DAY</p>	<p>20 SNOW DAY</p>	<p>21 UPDATED Chicken breast, fettuccine Alfredo, broccoli, salad w/ Italian dressing, orange, Italian bread</p>
	<p>24 UPDATED Meatball sub on a hoagie bun, root vegetables and kale, salad w/ tomato/carrot, Italian dressing, orange</p>	<p>25 UPDATED Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread</p>	<p>26 UPDATED Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>27 UPDATED Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!</p>	<p>28 Oven fried chicken, mashed potatoes w/ gravy, green beans, orange cake, ice cream, dinner roll Birthday PARTY!</p>
	<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day <u>prior</u> (non-holiday).</p>		<p>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.</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.