

JANUARY 2025 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><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></p>	<p>Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day prior (non-holiday).</p>	<p>1 CLOSED</p> 	<p>2 BBQ chicken on a bun, Prince Edward vegetables, potato salad, tropical fruit mix</p>	<p>3 RED FRIDAY Swiss steak w/ tomato, mashed potatoes, peas & carrots, apple slices, bread, tapioca pudding</p>
<p>6 Chicken stir fry w/ vegetables on rice, coleslaw, pineapple - mandarin mix, bread</p>	<p>7 Beef mac casserole, Scandinavian vegetables, pears, vanilla wafers and banana pudding, multigrain bread</p>	<p>8 TACO SALAD pinto beans, orange</p>	<p>9 Beef burger on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, ketchup & mustard</p>	<p>10 Chicken fettuccine Alfredo, broccoli, salad w/ Italian dressing, orange, Italian bread</p>
<p>13 Meatloaf, mashed potatoes with brown gravy, country blend, pears & strawberries, wheat dinner roll</p>	<p>14 Penne pasta in a meat sauce, Italian veggies, salad w/ tomato & carrot, Italian dressing, grahams, pineapple orange mix, Ital.bread</p>	<p>15 Scrambled eggs, turkey sausage links, hash browns, biscuit, jelly, oatmeal square, applesauce</p>	<p>16 Breaded fish, coleslaw, spinach, green beans, citrus fruit mix, corn muffin, tartar sauce, vinegar</p>	<p>17 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, taco sauce, stewed apples</p>
<p>20 CLOSED</p> 	<p>21 Sloppy Joes, potato salad, carrots, apple slices</p>	<p>22 Battered tilapia, tartar sauce, sweet potatoes, coleslaw, bread, vinegar, peaches & strawberries, oatmeal raisin cookie</p>	<p>23 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>24 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit</p>
<p>27 Seasoned chicken breast, broccoli, potatoes au gratin, pineapple/mandarin mix, multigrain bread, shortbread cookie</p>	<p>28 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!</p>	<p>29 Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread</p>	<p>30 Chicken strips, potato wedges, salad w/ tomato & carrot w/ French dressing, orange, multigrain bread, grahams, honey mustard</p>	<p>31 Oven fried chicken, mashed potatoes w/ gravy, green beans, orange cake, ice cream, dinner roll 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. All meals include margarine lite, 1% milk, coffee and iced tea.