

♣ **MARCH** ♣ **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>Inclment Weather 816-526-5059 Press 8 for Sr. Center</p>	<p>3 BBQ chicken on a bun, Prince Edward vegetables, potato salad, tropical fruit mix</p>	<p>4 TACO SALAD pinto beans, orange</p>	<p>5 SNOW DAY</p>	<p>6 Sloppy Joes on a bun, potato salad, carrots, apple slices</p>	<p>7 UPDATED Breaded fish, coleslaw, spinach, green beans, citrus fruit mix, corn muffin, tartar sauce, vinegar</p>
	<p>10 UPDATED Tuna noodle casserole, cauliflower & peas, cucumber onion salad, banana, wheat bread</p>	<p>11 UPDATED Meatloaf, mashed potatoes with brown gravy, country blend, pears & strawberries, wheat dinner roll</p>	<p>12 UPDATED Chicken fried rice, stir fry vegetables, coleslaw, pineapple - mandarin mix, bread</p>	<p>13 Chicken strips, potato wedges, salad w/ tomato & carrot w/ French dressing, orange, multigrain bread, grahams, honey mustard</p>	<p>14 Battered tilapia, tartar sauce, sweet potatoes, coleslaw, bread, vinegar, peaches & strawberries, oatmeal raisin cookie</p>
	<p>17 st. patrick's day Corn beef, cabbage, carrots, parsley potatoes, rye bread, lime sherbet</p>	<p>18 Chicken breast, fettuccine Alfredo, broccoli, salad w/ Italian dressing, orange, Italian bread</p>	<p>19 Scrambled eggs, turkey sausage links, hash browns, applesauce, biscuit, jelly, oatmeal square</p>	<p>20 Meatball sub on a hoagie bun, root vegetables and kale, salad w/ tomato/carrot, Italian dressing, orange</p>	<p>21 Breaded fish pattie on a bun, coleslaw, sweet potato wedges, banana, tartar sauce, fig newton</p>
	<p>24 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix</p>	<p>25 Chili with beans, cheddar cheese, crackers, salad w/ tomato & carrot, French dressing, Peach Cobbler!</p>	<p>26 Seasoned chicken breast, broccoli, potatoes au gratin, pineapple/mandarin mix, multigrain bread, shortbread cookie</p>	<p>27 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, biscuit</p>	<p>28 Oven fried chicken, mashed potatoes w/ gravy, green beans, orange cake, ice cream, dinner roll Birthday PARTY!</p>
	<p>31 UPDATED Cottage pie, mashed potatoes, green beans, pineapple-mandarin mix, dinner roll</p>	<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 <u>BEFORE NOON</u> the serving day <u>prior</u> (non-holiday).</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.