




JULY 2024 Menu EXCELSIOR SPRINGS SENIOR CENTER 630-5955

 <p>EXCELSIOR SPRINGS Senior Center</p> <p>The suggested donation is \$2 per senior meal (60+). \$5.75 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 up to two weeks in advance.</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>	MON	TUE	WED	THU	FRI
	1 Chicken patty on a bun, Swiss cheese, Miracle Whip, potatoes O'Brien, broccoli, tropical fruit mix	2 Beef stew w/ vegetables, salad w/ tomatoes/carrots & ranch dressing, banana, corn muffin, shortbread cookie	3 America! 	4 CLOSED 	5 Chicken salad sandwich, salad w/ tomato/carrot, ranch dressing, cucumber onion salad, applesauce, oatmeal raisin cookie
	8 Ribette BBQ sandwich on a bun, peas & carrots, coleslaw, pears & strawberries, BBQ sauce	9 Chicken Parmesan, penne pasta, broccoli, salad w/ tomato/carrot, French dressing, banana, white bread	10 Fish, tartar sauce, sweet potatoes, coleslaw, bread, vinegar, tropical fruit mix	11 Chicken burrito, chuckwagon corn, salad w/ tomato/carrot, ranch dressing, taco sauce, stewed apples	12 BBQ beef sandwich on a bun, potato salad, California blend, banana
	15 Meatloaf w/ brown gravy, mashed potatoes, fiesta veg., pears & strawberries, wheat dinner roll	16 Chicken strips, sweet potato wedges, salad w/ tomato & carrot w/ 1000 Island dressing, orange, multigrain bread, grahams, honey mustard	17 Beef mac casserole, green beans, pears, vanilla wafers and banana pudding, wheat bread	18 BBQ chicken on a bun, carrots, potato salad, tropical fruit mix	19 <div style="background-color: red; color: yellow; padding: 5px; text-align: center;">TACO SALAD</div> pinto beans, orange
	22 Breaded fish, coleslaw, mac & cheese, green beans, tropical fruit mix, white bread, tartar sauce	23 Sloppy Joes, potato wedges, Scandinavian vegetables, peaches & strawberries	24 Scrambled eggs, turkey sausage links, has browns, biscuit, jelly, applesauce, oatmeal square	25 Beef CHEESE burger! on a bun, steak fries, salad w/ tom./carrots, banana, 1000 Island dressing, banana, ketchup & mustard	26 Oven fried chicken, mashed potatoes w/ gravy, green beans, white cake, strawberry ice cream, dinner roll Birthday PARTY!
	29 Seasoned chicken breast, broccoli, potatoes au gratin, pineapple/mandarin mix, multigrain bread, oatmeal raisin cookie	30 Chicken Fried Steak w/ country gravy, mashed potatoes, green beans, dinner roll, citrus fruit mix	31 Deli turkey Swiss sandwich, salad w/ tomato/carrot, French dressing, potato salad, orange, mustard, mayo	<i>If you are unable to attend your lunch reservation, please call Jeff at 630-5955 so we can serve walk-ins who don't have reservations.</i>	Please call 630-5955 to make a lunch reservation BEFORE NOON the serving day <u>prior</u> (non-holiday).

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.