# The Palmer Center March 2020 Luncheon Menu

A Program of Independence Parks/Recreation/Tourism Department & Mid-America Regional Council

## The Suggested Contribution
- $3 per senior meal
- $6 for non-senior guests

## Lunch is Served at 11:30 am

## You May Reserve a Meal Beginning on Wednesday the Week Before

## Please Call 325-6200 to Make or Cancel Your Reservation

## Please Make or Cancel Your Reservation by Noon the Serving Day Before

## Make Checks Payable to “MARC”

## Palmer Inclement Weather Line: 325-7999 Ext. 4

The purpose of the lunch we serve is to meet the dietary guidelines to provide 1/3 of the daily reference intake of nutritional needs for seniors.