

NOVEMBER 2016 LUNCHEON MENU

A PROGRAM OF INDEPENDENCE PARKS & RECREATION & MID-AMERICA REGIONAL COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION IS \$3 PER MEAL. \$6.00 FOR GUEST. PLEASE CALL 325-6200 TO MAKE OR CANCEL YOUR RESERVATION</p> <p>LUNCH IS SERVED AT 11:30 AM PLEASE MAKE OR CANCEL YOUR RESERVATION BY NOON THE SERVING DAY BEFORE</p> <p>YOU MAY RESERVE A MEAL UP TO THREE SERVING DAYS IN ADVANCE</p> <p>MAKE CHECKS OUT TO "MARC" *****</p> <p><u>PALMER INCLEMENT WEATHER LINE</u> <u>CALL – 325-7999</u> <u>Ext. 4</u></p>		<p>1 Turkey burger patty; Broccoli Normandy; tossed salad w/tomato wedge; diced peaches; wheat hamburger bun; graham crackers; milk</p>	<p>2 Boneless chicken nuggets; peas & carrots; corn; tropical fruit; whole grain white bread; milk</p>	<p>3 Whole grain spaghetti w/ meat sauce; green beans; frozen strawberries; multi-grain bread; milk</p>	<p>4 Beef stew; tossed salad w/tomato wedge; diced pears; cornbread muffin; milk</p>
	<p>7 Beef Stroganoff w/noodles; zucchini & tomatoes; creamy Coleslaw; fruit cocktail, wheat roll, milk</p>	<p>8 Open face turkey sandwich; mashed potatoes; peas & carrots; diced peaches; whole grain white bread; milk</p>	<p>9 Ham & Navy beans; onion on the side; stewed tomatoes; Mandarin oranges, cornbread muffin, milk</p>	<p>10 Taco salad w/shredded cheese; refried beans; shredded lettuce; salsa tomatoes; pineapple tidbits; taco chips; milk</p>	<p>11 CLOSED FOR VETERAN'S DAY</p>
	<p>14 Baked chicken leg quarter; new potatoes; green beans; strawberries & pineapple mix; wheat roll; milk</p>	<p>15 Turkey chili w/beans; tossed salad w/tomato wedge; tropical fruit; wheat crackers; milk</p>	<p>16 BIRTHDAY CELEBRATION Fried chicken breast; mashed potatoes w/gravy; Winter mix vegetables; strawberry swirl ice cream; white cake (no icing); wheat roll; milk</p>	<p>17 Chili Mac Pasta w/whole grain pasta; corn; lima beans; Mandarin oranges; wheat bread stick; milk</p>	<p>18 BBQ Pulled Beef, O'Brien potatoes, tossed salad w/tomato wedge, tropical fruit, wheat hamburger bun, oatmeal raisin cookie, milk</p>
	<p>21 Open face beef sandwich w/gravy; mashed potatoes; green beans; pineapple tidbits; whole grain white bread; milk</p>	<p>22 BBQ rib patty; mix vegetables; O'Brien potatoes; Apricot halves mix; wheat hamburger bun; milk</p>	<p>23 THANKSGIVING LUNCH Roast turkey, dressing, gravy, mashed potatoes, Broccoli Normandy, cranberry sauce, wheat roll, pumpkin pie, milk</p>	<p>24 CLOSED FOR HOLIDAY</p> 	<p>25 CLOSED FOR HOLIDAY</p> 
	<p>28 Orange glaze chicken breast, red potatoes, Antigua mix vegetables, pineapple tidbits, whole wheat bread, graham crackers, milk</p>	<p>29 Beef hamburger patty; lettuce & tomato slice; cheese slice; baked beans; tropical fruit; wheat hamburger bun; milk</p>	<p>30 Salisbury steak w/gravy; scalloped potatoes; Winter Mix vegetables; pineapple & strawberries mix; whole wheat bread; milk</p>		

The purpose of the lunch we serve is to meet the dietary guidelines to provide 1/3 of the recommended daily allowance of nutritional needs for seniors. The menu is voted on by representatives (including ours) from all of the centers that have the same caterer we do and overseen by two dieticians.