

# THE PALMER CENTER

# OCTOBER 2019 LUNCHEON MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>The suggested contribution is \$3 per senior meal. \$6 for non-senior guests.</b></p> <p><b>Lunch is served at 11:30am.</b></p> <p><b>You may reserve a meal beginning on Wednesday the week before.</b></p> <p><b>Please call 325-6200 to make or cancel your reservation. <u>Please make or cancel your reservation by noon the serving day before.</u></b></p> <p><b>Make checks payable to "MARC".</b></p> <p><b>Palmer Inclement Weather Line: 325-7999 Ext. 4</b></p>		<p>1 Beef stew w/vegetables Salad/tomato/carrot Banana Corn muffin Oatmeal/raisin cookie</p>	<p>2 Chicken Str Fry w/vegies Beets Pickled (Cold) Shortbread cookies Mandarin oranges Whole Wheat Grain bread</p>	<p>3 Swiss Steak, w/tomato Mashed Potatoes Peas/carrots Apple slices Multigrain bread Tapioca Pudding</p>	<p>4 Breaded Fish Coleslaw w vin/drsg RootVeg &amp; Kale Trop Fruit mix Multigrain bread</p>
	<p>7 BarBQ Beef Potato Salad Calif Blend Banana WhoGrain Bun</p>	<p>8 Mexican Taco Salad Shredded cheese Lettuce/tomatoes Mexicali mix Nacho Lite Chips Orange</p>	<p>9 Tuna Noodle Cass. Cauliflower/peas Cucumber Onion Salad Banana Wheat bread</p>	<p>10 Meatloaf Mashed potatoes/gravy Fiesta Vegetables Pears &amp; strawberries Wheat dinner roll</p>	<p>11 Chicken fried steak /gravy mashed potatoes GreenBeans Fruit cup citrus Wheat dinner roll</p>
	<p>14 Ribette/BBQ-Sauce Peas/Carrots Coleslaw w vin/drsg Pears &amp; Strawberry's WhoGrain Bun</p>	<p>15 Chicken&amp; Noodle Caulifwr/red ppr Salad/tomato/carrot Orange White WhlGrn Bread</p>	<p>16 ChickenDicedSeasoned Cheese Salad/tomato/carrot Chuck wagon Corn Stewed Apples WhoWheat Tortilla</p>	<p>17 Chili/ Beans Cheese Salad/tomato/carrot Peach Cobbler Crackers wheat</p>	<p>18 Battered tilapia Spinach Sweet potato Trop fruit mix White WhlGrn Bread Oatmeal/Raisin Cookies</p>
	<p>21 Barbecue Chicken Prince Edward Mix Potato salad Tropical Fruit mix WhoGrain Bun</p>	<p>22 Beef-mac/casserole Green Beans Vanilla Waf/ban pudding Banana</p>	<p>23 Swedish Meatballs/gravy Stewed tomatoes Cabbage Apple slices Multigrain bread Graham Crackers</p>	<p>24 Sloppy Joe's Potatoes O'brien White corn W/pep Peaches &amp; Strawberries Whole grain bun</p>	<p>25 BIRTHDAY LUNCH Oven fried Chicken Mashed potatoes &amp; gravy Broccoli White WhlGrn Bread Ice Cream &amp; Cake</p>
	<p>30 ChickenBrstSeasoned Potatoes O'brien Broccoli Pineapple/man-or-mix White Whole Grain Bread Shortbread Cookies</p>	<p>29 Catfish Coleslaw-Creamy Spinach Trop Fruit mix White whlGrn bread</p>	<p>30 Beef stew w/vegetables Salad/tomato/carrot Banana Corn muffin Oatmeal/raisin cookie</p>	<p>31 Chicken Str Fry Stir fry veg Beets Pickled (Cold) Shortbread cookies Mandarin oranges Whole Wheat Grain bread</p>	

*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.*