

AUGUST 2022 LUNCHEON MENU --

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

<p>The suggested contribution is \$3 per senior meal. \$6 for non-senior guests.</p> <p>Lunch is served at 11:30 a.m.</p> <p>You may reserve a meal beginning on Wednesday the week before.</p> <p>Please call 325-6200 to make or cancel your reservation. <u>Please make or cancel your reservation by noon the serving day before.</u></p> <p>Make checks payable to "MARC" *****</p> <p><u>Palmer Inclement weather line call – 325-7999 Ext. 4</u></p> <p>Menus are subject to change due to availability of food items</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Swiss steak w/ tomato Mashed Potatoes Carrots Orange Multigrain Bread Tapioca Pudding	2 Beef stew w/vegetables Salad/tomato/carrots Banana Corn muffin	3 Chicken Patty Potatoes O'Brien Broccoli Watermelon Hamburger bun Whole Grain	4 Mostaccioli w/ meat sauce Italian vegetables Salad/tomato/carrots Pineapple/Mandarin orange mix Italian bread – Graham Crackers	5 Chicken parmesan Penne Pasta Broccoli Salad/tomato/carrots Banana White Whole Grain Bread Graham crackers
	8 Pulled Pork White Corn w/ peppers Coleslaw w/vinegar dressing Apple slices Hoagie Roll Whole Grain	9 Mexican Taco Salad Nacho Chips Shredded cheese; lettuce; tomatoes Pinto Beans Orange	10 BBQ Chicken Prince Edward Mix Potato Salad Tropical Fruit Mix Hamburger bun Whole Grain	11 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwagon Corn Apples stewed Tortilla Whole Wheat	12 BBQ Beef Potato Salad California Blend Banana Hamburger bund Whole Grain
	15 Tilapia, battered Sweet Potatoes Coleslaw Tropical Fruit mix Whole Grain White Bread Oatmeal Raisin Cookie	16 Meatloaf with brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll	17 Chicken Strips Sweet Potato Wedges Salad/tomato/carrots Orange Multigrain bread Graham crackers	18 Beef-mac casserole Scandinavian Vegetables Vanilla Wafer/Banana Pudding Pears Wheat bread	19 Sloppy Joes Potato Salad Carrots Apple Slices Hamburger Whole Grain
	22 Chicken Fried steak w/gravy Mashed potatoes Green Beans Fruit Cup/Citrus Wheat dinner roll	23 Tuna noodle casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread	24 Beef patty Salad/tomato/carrots Steak fries Banana Hamburger bun whole grain	25 Fish – breaded Green beans Pickled beets Fruit Cup – Citrus Whole Grain White bread	26 <u>BIRTHDAY LUNCH</u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Ice cream-orange sherbet & Cake
	29 Chicken Breast Seasoned Potatoes Au Gratin Broccoli Pineapple/Mandarin Orange Mix Graham Crackers	30 Scrambled eggs Turkey sausage links Hash browns Oatmeal Square Applesauce Whole grain biscuit	31 Beef stew w/vegetables Salad/tomato/carrots Banana Corn muffin	All meals served with 1% milk	

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.