




DECEMBER 2022 LUNCHEON MENU --

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>ALL MEALS ARE SERVED WITH 1% MILK</p>			<p>1 Mostaccioli w/meat sauce Italian vegetables Salad/tomato/carrot Pineapple/mandarin orange mix Italian bread Graham crackers</p>	<p>2 Chili/Beans Cheddar Cheese Salad/tomato/carrots Peach Cobbler Wheat crackers</p>
	<p>5 Pulled pork White corn with peppers Coleslaw w/ vinegar dressing Apple slices Hoagie roll</p>	<p>6 Chicken breast seasoned Broccoli Potatoes O'Brien Pineapple/mandarin orange mix Shortbread cookies</p>	<p>7 Swedish meatballs with gravy Stewed tomatoes Green beans Fruit Delight Wheat Dinner Roll Brown Rice Oatmeal/Raisin Cookie</p>	<p>8 Beef Stew w/vegetables Salad/tomato/carrots Banana Corn Muffin Oatmeal/Raisin cookie</p>	<p>9 CHRISTMAS HOLIDAY EVENT </p>
	<p>12 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain bread Tapioca pudding</p>	<p>13 Fish – breaded Coleslaw w/vinegar dressing Root vegs & Kale Tropical Fruit mix Multigrain white bread</p>	<p>14 Mexican taco salad Shredded cheddar Lettuce w/dice tomatoes Pino beans Orange Nachos light chips</p>	<p>15 Beef patty Salad/tomato/carrots Steak Fries Banana Hamburger bun whole grain</p>	<p>16 Tuna noodle casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread</p>
	<p>19 Meatloaf with brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll</p>	<p>20 Eggs Scrambled Sausage Links/Turkey Hash browns Applesauce Biscuit Oatmeal Square</p>	<p>21 Cottage Pie Mashed potatoes Green Beans Pineapple/mandarin orange mix Wheat dinner roll</p>	<p>22 Roast beef Mashed potatoes with brown gravy Broccoli Cherry cobbler Wheat dinner roll Ice cream</p>	<p>23 CHRISTMAS HOLIDAY - CLOSED </p>
	<p>26 CHRISTMAS HOLIDAY - CLOSED </p>	<p>27 Sloppy Joe's Potato Salad Carrots Apple Slices Hamburger bun</p>	<p>28 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwaggon corn Apples stewed Tortilla whole wheat</p>	<p>29 Tilapia, battered Spinach Sweet potatoes Tropical fruit mix Oatmeal/raisin cookie</p>	<p>30 BIRTHDAY LUNCH Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Ice cream-orange sherbet & Cake</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.