

# FEBRUARY 2023 LUNCHEON MENU --

A PROGRAM OF INDEPENDENCE PARKS & RECREATION & 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 11:30 a.m.</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><u>Palmer Inclement weather line call – 325-7999 Ext. 4</u></b></p> <p><b>Menus are subject to change due to availability of food items</b></p>			<p><b>1</b> Chicken Strips Sweet Potato wedges Salad/tomatoes/carrots Orange Multigrain Bread Graham crackers</p>	<p><b>2</b> Pulled pork White corn with peppers Coleslaw w/ vinegar dressing Apple slices Hoagie Roll</p>	<p><b>3</b> Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain bread Tapioca pudding</p>
	<p><b>6</b> BBQ Chicken Prince Edward Veg. Mix Potato salad Tropical Fruit Mix Hamburger Bun</p>	<p><b>7</b> Chicken Fried Rice Stir Fry Vegetables Coleslaw w/ vinegar dressing Pineapple/mandarin orange mix White Whole Grain bread</p>	<p><b>8</b> Beef-mac casserole Scandinavian vegetables Vanilla wafer/banana pudding Pears Wheat bread</p>	<p><b>9</b> Mexican taco salad Shredded cheddar Lettuce w/dice tomatoes Pino beans Orange Nacho light chips</p>	<p><b>10</b> Beef patty Salad/tomato/carrots Steak Fries Banana Hamburger bun whole grain</p>
	<p><b>13</b> Swedish meatballs with gravy Stewed tomatoes Green beans Fruit Delight Wheat Dinner Roll Brown Rice Oatmeal/Raisin Cookie</p>	<p><b>14</b> Meatloaf with brown gravy Mashed potatoes Country blend vegetables Pears &amp; Strawberries Wheat Dinner Roll</p>	<p><b>15</b> Mostaccioli w/meat sauce Italian vegetables Salad/tomato/carrot Pineapple/mandarin orange mix Italian bread Graham crackers</p>	<p><b>16</b> Eggs Scrambled Sausage Links/Turkey Hash browns Applesauce Biscuit Oatmeal Square</p>	<p><b>17</b> Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwaggon corn Apples stewed Tortilla whole wheat</p>
	<p><b>20</b> Brown Bag Lunch Peanut butter &amp; Jelly sandwich Un-crustable Chips Fruit Cookie</p>	<p><b>21</b> Fish breaded Coleslaw w/vinegar dressing Spinach Citrus Fruit Mix Corn Muffin</p>	<p><b>22</b> Rice and Beans casserole With corn Salad/tomato/carrot Applesauce Tortilla Whole Wheat</p>	<p><b>23</b> Tilapia, battered Coleslaw w/creamy dressing Sweet potatoes Peaches &amp; Strawberries White Wholegrain bread Oatmeal/raisin cookie</p>	<p><b>24</b> <u><b>BIRTHDAY LUNCH</b></u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Orange Cake</p>
		<p><b>27</b> Chicken Fried Steak Mashed potatoes w/gravy Green beans Citrus Fruit Mix Wheat dinner roll</p>	<p><b>28</b> Beef stew w/vegetables Salad/tomatoes/carrot Banana Whole grain biscuit</p>	<p><b>All meals are served with 1% milk</b></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.*