

JANUARY 2023 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>2 <i>CLOSED FOR NEW YEARS</i></p>	<p>3 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain bread Tapioca pudding</p>	<p>4 BBQ Chicken Prince Edward Veg. Mix Potato salad Tropical Fruit Mix Hamburger Bun</p>	<p>5 Chicken Fried Rice Stir Fried Veggies Coleslaw with vinegar dressing Pineapple/mandarin orange mix White Whole Grain Bread</p>	<p>6 Beef-mac casserole Scandinavian vegetables Vanilla wafer/banana pudding Pears Wheat bread</p>	
	<p>9 Fish – breaded Coleslaw w/vinegar dressing Spinach Citrus fruit mix Corn Muffin</p>	<p>10 Beef patty Salad/tomato/carrots Steak Fries Banana Hamburger bun whole grain</p>	<p>11 Swedish meatballs with gravy Stewed tomatoes Green beans Fruit Delight Wheat Dinner Roll Brown Rice Oatmeal/Raisin Cookie</p>	<p>12 Meatloaf with brown gravy Mashed potatoes Country blend vegetables Pears & Strawberries Wheat Dinner Roll</p>	<p>13 Mostaccioli w/meat sauce Italian vegetables Salad/tomato/carrot Pineapple/mandarin orange mix Italian bread Graham crackers</p>	
	<p>16 <i>CLOSED FOR MARTIN LUTHER'S KING JR DAY</i></p>	<p>17 Eggs Scrambled Sausage Links/Turkey Hash browns Applesauce Biscuit Oatmeal Square</p>	<p>18 Mexican taco salad Shredded cheddar Lettuce w/dice tomatoes Pino beans Orange Nachos light chips</p>	<p>19 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwaggon corn Apples stewed Tortilla whole wheat</p>	<p>20 Sloppy Joe's Potato Salad Carrots Apple Slices Hamburger bun</p>	
	<p>23 Tilapia, battered Coleslaw w/creamy dressing Sweet potatoes Peaches & Strawberries White Wholegrain bread Oatmeal/raisin cookie</p>	<p>24 Chicken Fried Steak Mashed potatoes w/gravy Green beans Citrus Fruit Mix Wheat dinner roll</p>	<p>25 Beef stew w/vegetables Salad/tomatoes/carrot Banana Whole grain biscuit</p>	<p>26 Chili/Beans Cheddar Cheese Salad/tomato/carrots Peach Cobbler Wheat crackers</p>	<p>27 <u><i>BIRTHDAY LUNCH</i></u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Orange Cake</p>	
	<p>30 Chicken breast seasoned Potatoes AuGratin Root Vegetables and Kale Pineapple/mandarin orange mix Multi grain bread</p>	<p>31 Tuna casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread</p>	<p>All meals are served with 1% 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.