

NOVEMBER 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
		<p>1 Swedish meatballs with gravy Stewed tomatoes Green beans Fruit Delight Wheat Dinner Roll Brown Rick Oatmeal/Raisin Cookie</p>	<p>2 Beef Stew w/vegetables Salad/tomato/carrots Banana Corn Muffin Oatmeal/Raisin cookie</p>	<p>3 Chicken Stir Fry Stir Fry Vegetables Beets Pickled (Cold) Shortbread Cookies Mandarin Oranges White Whole Grain bread Rice</p>	<p>4 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain bread Tapioca pudding</p>
	<p>7 Fish – breaded Coleslaw w/vinegar dressing Root vgs & Kale Tropical Fruit mix Multigrain white bread</p>	<p>8 Beef patty Salad/tomato/carrots Steak Fries Banana Hamburger bun whole grain</p>	<p>9 Mexican Taco Salad Nacho Chips Shredded cheese; lettuce; tomatoes Pinto Beans Orange</p>	<p>10 Tuna noodle casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread</p>	<p>11 VETERAN'S DAY CLOSED</p>
	<p>14 Meatloaf with brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll</p>	<p>15 Chicken Fried steak w/gravy Mashed potatoes Green Beans Fruit Cup/Citrus Wheat dinner roll</p>	<p>16 Cottage Pie Mashed potatoes Green Beans Pineapple/mandarin orange mix Wheat dinner roll</p>	<p>17 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwagon corn Apples Stewed Tortilla wheat</p>	<p>18 <u>BIRTHDAY LUNCH</u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Ice cream-orange sherbet & Cake</p>
	<p>21 Eggs Scrambled Sausage Links/Turkey Hash browns Applesauce Biscuit Oatmeal Square</p>	<p>22 Sloppy Joe's Potato Salad Carrots Apple Slices Hamburger bun</p>	<p>23 Turkey Gravy Mashed Potatoes Green bean casserole Pumpkin Pie with topping Wheat Dinner roll Cranberry sauce</p>	<p>24 THANKSGIVING DAY</p>	<p>25 _ THANKSGIVING DAY</p>
	<p>28 Tilapia; battered Spinach Sweet potatoes Tropical Fruit Mix White Wholegrain bread Oatmeal/Raisin Cookie</p>	<p>29 Beef-mac casserole Green beans Vanilla Wafer/Banana Pudding Banana Wheat bread</p>	<p>30 BBQ Chicken Price Edward Mix Potato salad Tropical Fruit Mix Hamburger Bun</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.