

OCTOBER 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>3 Chicken Stir Fry Stir Fry Vegetables Beets Pickled (Cold) Shortbread Cookies Mandarin Oranges White Whole Grain bread Rice</p>	<p>4 Beef Stew w/vegetables Salad/tomato/carrots Banana Corn Muffin Oatmeal/Raisin cookie</p>	<p>5 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain bread Tapioca pudding</p>	<p>6 Fish – breaded Coleslaw w/vinegar dressing Root vgs & Kale Tropical Fruit mix Multigrain white bread</p>	<p>7 Mexican Taco Salad Nacho Chips Shredded cheese; lettuce; tomatoes Pinto Beans Orange</p>
	<p>10 Meatloaf with brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll</p>	<p>11 Tuna noodle casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread</p>	<p>12 Chicken Fried steak w/gravy Mashed potatoes Green Beans Fruit Cup/Citrus Wheat dinner roll</p>	<p>13 Beef patty Salad/tomato/carrots Potato wedges Banana Hamburger bun whole grain</p>	<p>14 Cottage Pie Mashed potatoes Green Beans Pineapple/mandarin orange mix Wheat dinner roll</p>
	<p>17 Scrambled eggs Turkey sausage links Hash browns Oatmeal Square Applesauce Whole grain biscuit</p>	<p>18 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwagon corn Apples Stewed Tortilla wheat</p>	<p>19 Sloppy Joes Potato Salad Carrots Apple Slices Hamburger Whole Grain</p>	<p>20 Tilapia; battered Spinach Sweet potatoes Tropical Fruit Mix White Wholegrain bread Oatmeal/Raisin Cookie</p>	<p>21 Beef-mac casserole Green beans Vanilla Wafer/Banana Pudding Banana Wheat bread</p>
	<p>24 BBQ Chicken Price Edward Mix Potato Salad Tropical Fruit Mix Hamburger Bun Whole Grain</p>	<p>25 Mostaccioli w/ meat sauce Italian vegetables Salad/tomato/carrots Pineapple/Mandarin orange mix Italian bread – Graham Crackers</p>	<p>26 Chili w/beans Cheddar cheese Salad/tomato/carrots Peach Cobbler Crackers wheat</p>	<p>27 Pulled Pork White Corn w/ peppers Coleslaw w/vinegar dressing Apple slices Hoagie Roll Whole Grain</p>	<p>28 <u>BIRTHDAY LUNCH</u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Ice cream-orange sherbet & Cake</p>
	<p>31 Chicken Breast Seasoned Potatoes Au Gratin Broccoli Pineapple/Mandarin Orange Mix Multigrain bread Shortbread cookies</p>	ALL MEALS ARE 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.