

# SEPTEMBER 2022 LUNCHEON MENU --

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

<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. Please make or <u>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>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 Chicken Patty Potatoes O'Brien Broccoli Watermelon Hamburger bun Whole Grain	2 CLOSED – LABOR DAY WEEKEND
	5 CLOSED – LABOR DAY	6 Pulled Pork White Corn w/ peppers Coleslaw w/vinegar dressing Apple slices Hoagie Roll Whole Grain	7 Chicken parmesan Penne Pasta Broccoli Salad/tomato/carrots Banana White Whole Grain Bread Graham crackers	8 Mostaccioli w/ meat sauce Italian vegetables Salad/tomato/carrots Pineapple/Mandarin orange mix Italian bread – Graham Crackers	9 Chicken diced seasoned Cheddar cheese Salad/tomato/carrots Chuckwagon corn Apples Stewed Tortilla wheat	
	12 BBQ Chicken Price Edward Mix Potato Salad Tropical Fruit Mix Hamburger Bun Whole Grain	13 Mexican Taco Salad Nacho Chips Shredded cheese; lettuce; tomatoes Pinto Beans Orange	14 Tilapia; battered Coleslaw Sweet potatoes Tropical Fruit Mix White Wholegrain bread Oatmeal/Raisin Cookie	15 BBQ Beef Potato Salad California Blend Banana Hamburger bund Whole Grain	16 Meatloaf with brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll	
	19 Beef-mac casserole Scandinavian Vegetables Vanilla Wafer/Banana Pudding Pears Wheat bread	20 Chicken Strips Sweet Potato Wedges Salad/tomato/carrots Orange Multigrain bread Graham crackers	21 Sloppy Joes Potato Salad Carrots Apple Slices Hamburger Whole Grain	22 Tuna noodle casserole Cauliflower/peas Cucumber onion salad Banana Wheat bread	23 Beef patty Salad/tomato/carrots Steak fries Banana Hamburger bun whole grain	
	26 Chicken Fried steak w/gravy Mashed potatoes Green Beans Fruit Cup/Citrus Wheat dinner roll	27 Fish – breaded Green beans Pickled beets Fruit Cup – Citrus Whole Grain White bread	28 Chicken Breast Seasoned Potatoes Au Gratin Broccoli Pineapple/Mandarin Orange Mix Graham Crackers	29 Scrambled eggs Turkey sausage links Hash browns Oatmeal Square Applesauce Whole grain biscuit	30 <u>BIRTHDAY LUNCH</u> Oven Fried Chicken Mashed potatoes w/gravy Green beans Wheat Dinner roll Ice cream-orange sherbet & Cake	

*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.*