

**Mark Twain Medical Center/Murphy's Senior Center
MEALS FOR JULY 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Drive-Through Service Only - 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	<p>Reservations Required: Call 728-1672 and leave message by Thursday the week before</p>	1	<p>2 Chicken Baked Chicken w/Country Gravy Homemade Mashed Potatoes Asian Stir Fry Vegetables Orange Dinner Roll</p>	3
6	7	8	<p>9 Beef Stroganoff over Noodles Sauté Green Beans California Blend Vegetables Apple Dinner Roll</p>	10
13	14	15	<p>16 Pork Chop w/Stuffing Rancho Fiesta Vegetables Sauté Squash Applesauce Dinner Roll</p>	17
20	21	22	<p>23 Pot Roast w/Gravy Grilled Vegetables Herb Fingerling Potatoes Peaches Dinner Roll</p>	24
27	28	29	<p>30 Teriyaki Chicken over Coconut Rice Mandarin Stir Fry Key Biscayne Vegetables Mandarin Oranges</p>	<p>31 8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL</p>

MEAL SERVICE @ 12:00 PM



= > 750 mg Sodium
FOUNDATION

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