

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 Drive-Through Service Only - 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's	5 Reservations Required: Call 728-1672 and leave message by Thursday the week before	6 Pasta w/Pesto Cream Sauce and Fire Grilled Chicken Tri-Colored Coleslaw Sauté Squash Plum Multi Grain Garlic Bread	7
10	11	12	13 BBQ Pork Ribs Collard Greens Southern Black Eye Peas Orange Corn Bread Birthday Cupcake	14
17	18	19	20 Chicken Kiev w/Jade Rice Malibu Veggies Sauté Green Beans Peach Dinner Roll	21
24	25	26	27 Pork Carnitas w/Tortillas Frijoles de la Olla Corn on the Cob Spanish Rice Tropical Fruit Salad	28
31			8 OUNCES OF LOWFAT MILK OFFERED AT EACH MEAL	



= > 750 mg Sodium  
FOUNDATION

**MEAL SERVICE @ 12:00 PM**

**FUNDED BY YOUR DONATIONS\*\*\* AREA 12 AGENCY ON AGING\*\*\* MARK TWAIN MEDICAL CENTER**