
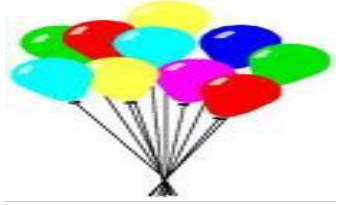


**MARK TWAIN MEDICAL CENTER/MURPHY'S SENIOR CENTER  
MEALS FOR SEPTEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY MURPHY'S	FRIDAY
Reservations Required: Call 728-1672 and leave message by Thursday the week before	1 Drive-Through Service Only 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's	2	3 Salisbury Steak w/Scalloped Potatoes Collard Greens Tropical Fruit Whole Wheat Roll	4
7 	8	9	10 Broccoli & Cheese Stuffed Chicken Breast Fire Grilled Veggies Corn Orange Pasta Multi Grain Garlic Bread <b>BIRTHDAY CELEBRATION!!!</b>	11
14	15	16	17 Pork Chop w/Stuffing Rancho Fiesta Veggies Sauté Squash Applesauce Dinner Roll	18
21	22	23	24 Teriyaki Beef Skewers over Pineapple Rice Stir Fry Veggies Grilled Green Beans Mandarin Oranges Whole Wheat Dinner Roll	25
28	29	30		8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL



= > 750 mg Sodium  
FOUNDATION

**MEAL SERVICE @ 12:00 – 1:00 PM**

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

**SUGGESTED SENIOR CONTRIBUTION \$5.00**