

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservations Required: Call 728-1672 and leave message by Thursday the week before	Drive-Through Service Only - 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's	8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL	1 Chicken Cordon Bleu (NAS) w/Hollandaise Sauce Black Pearl Rice Medley Stir Fry Vegetables Garlic Eggplant Orange Dinner Roll	2
5	6	7	8 BBQ Pork Ribs Collard Greens Scalloped Potatoes Tropical Fruit Cornbread Birthday Cake	9 
12  COLUMBUS DAY	13	14	15 Grilled Chicken with Pesto Cream Sauce over Twisty Pasta Ratatouille Zucchini Apple Multi Grain Garlic Bread	16
19	20	21	22 Country Meatloaf w/Gravy Mushroom Corn Marsala Mashed Potatoes Banana Dinner Roll	23
26	27	28	29 Tuscan Tortellini w/Sausage Green Beans Mixed Vegetables Pears Multi Grain Garlic Bread	30

MEAL SERVICE @ 12:00 PM

=> 750 mg Sodium **FUNDED BY YOUR DONATIONS***AREA 12 AGENCY ON AGING***MARK TWAIN MEDICAL CENTER FOUNDATION**
SUGGESTED SENIOR DONATION \$5.00