

MARK TWAIN MEDICAL CENTER MEALS FOR MURPHY'S December 2020

MONDAY	TUESDAY - Murphy's	WEDNESDAY - Burson	THURSDAY	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 8 OUNCES OF Low-Fat Milk OFFERED AT EACH MEAL	3 Chicken Fried Chicken w/Country Gravy Corn & Mashed Potatoes Orange Corn Bread	4
7	8	9	10 Pepper Steak over Herb Noodles Garlic Green Beans Madrid Lentils Apple Naan Bread	11
14	15	16	17 Chicken & Biscuits Roasted Vegetables Lima Beans Tropical Fruit Dinner Roll	18
21	22 Holiday Special Apricot Glazed Ham Sweet Potato Casserole Winter Roasted Vegetables Macaroni & Cheese Fresh Fruit Salad Dinner Roll Holiday Dessert	23	24	25 
28	29 Beef Enchiladas Mexican Corn Pudding Pinto Beans Mexican Fruit Salad Spanish Rice	30	31	



= > 750 mg Sodium

MEAL SERVICE @ 12:00 PM

**FUNDED BY YOUR CONTRIBUTIONS, MARK TWAIN MEDICAL CENTER FOUNDATION AND AREA 12 AGENCY ON AGING.
SUGGESTED CONTRIBUTION FOR SENIORS \$5.00 PER MEAL**