

**MARK TWAIN MEDICAL CENTER/MURPHY'S SENIOR CENTER  
MEALS FOR JANUARY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY MURPHY'S	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			1 
4	5	6	7 Lemon Garlic Chicken Roasted Cauliflower Herb Sauté Carrots Orzo Italiano Fresh Fruit Salad Honey Wheat Biscuit	8
11	12	13	14 Pork Chile Verde over Cilantro Lime Rice Sauté Fajita Vegetables Black Beans & Corn Flour Tortilla Oranges <b>BIRTHDAY CELEBRATION!!!</b>	15
18	19	20	21 Chicken & Vegetable White Lasagna Herb Wax Beans Sauté Zucchini Multi Grain Garlic Bread Tropical Fruit Cup	22
25	26	27	28 Roast Beef w/Gravy Maple Roasted Brussels Sprouts with Pecans Potato Pierogis w/Sauté Onions Baked Apples Whole Wheat Roll	29 <b>8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL</b>



= > 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 PER MEAL**