

MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR FEBRUARY 2021

MONDAY	TUESDAY MURPHY'S	WEDNESDAY BURSON	THURSDAY	FRIDAY
1	2	3	4 Chicken Cordon Blue w/Hollandaise Sauce Lemon Butter Asparagus Roasted Carrots Long Grain & Wild Rice Fresh Fruit Salad Honey Wheat Biscuit	5
8	9	10	11 Spinach & Gorgonzola Stuffed Jumbo Shells Sauté Yellow Squash Broccolini Orange Multi Grain Garlic Bread	12
15  <i>Lincoln</i>  <i>Washington</i>	16	17	18 Beef Stuffed Cabbage Roll Garlic Roasted Carrots Black Beans & Corn German Spaetzle Whole Wheat Roll Tropical Fruit Cup Birthday Cupcake	19
22	23	24	25 Crispy Orange Chicken over Fried Rice Asian Stir Fry Vegetable Egg Roll Fresh Fruit Salad Naan Bread	26
	Reservations Required: Call 728-1672 and leave message by Thursday the week before		8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL	Drive-Through Service Only 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's



= > 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 \$4.00.....NON-SENIOR OR GUEST REQUIRED FEE \$6.00**