

MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Murphy's Senior Center	FRIDAY
1	2	3	4 Shrimp & Vegetable Alfredo w/Pasta Green Beans Grilled Vegetable Blend Pineapple Multi -Grain Garlic Bread	5
8	9	10	11 BBQ Pork Ribs Black-Eye Peas w/Collard Greens Scalloped Potatoes Fresh Fruit Salad Corn Bread Birthday Cupcake	12
15	16	17	18 Vegetable Quiche Honey Roasted Carrots Applesauce Croissant	19
22	23	24	25 Meatloaf w/Gravy Chuckwagon Vegetable Blend Loaded Mashed Potatoes Orange Dinner Roll	26
29	30 Reservations Required: Call 728-1672 and leave message by Thursday the week before	31 8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL Menu Subject to Change		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 \$5.00.....NON-SENIOR OR GUEST REQUIRED FEE \$7.00