


MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Beef Taco Salad w/Pinto Beans, Spanish Rice, Lettuce, Guacamole, Sour Cream, Salsa and Chips Grapes	7 Drive-Through Service Only 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's
10	11	12	13 Swedish Meatballs over Noodles California Veggie Blend Lima Beans Apple Dinner Roll	14
17	18	19	20 Chicken Cordon Blue with Hollandaise Sauce Spinach w/Red Peppers Roasted Carrots Brown Rice w/Quinoa Orange Birthday Cupcake	21
24	25	26	27 Maryland Style Crab Cakes w/Remoulade Sauce Corn Salad Rosemary Herb Potatoes Strawberries Dinner Roll	28
31  Memorial Day	You are receiving 3 meals on Thursday including the meals in the cold bags. Suggested contribution is \$15.00 for the week	Reservations Required: Call 728-1672 and leave message by Thursday the week before		8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL Menu Subject To Change without Notice

= > 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 P MEAL

