

**Mark Twain Medical Center/Murphy's Senior Center
MEALS FOR JULY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Holiday/Birthday Dessert	FRIDAY
Drive-Through Service Only - 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's	Reservations Required: Call 754-6118 and leave name of all being reserved by Thursday the week before		1 Chicken Baked Chicken w/Country Gravy Homemade Mashed Potatoes Seasoned Corn Fresh Fruit Salad Dinner Roll	2
5	6	7	8 Coconut Crusted Fish w/Lemon and Tartar Sauce Seasoned Potato Wedges Spinach Yellow & Green Squash Apple Dinner Roll	9
12	13	14	15 Chicken Fajitas w/Tortillas Ranch Beans Onions & Peppers Spanish Rice Orange	16
19	20	21	22 Meatball Stroganoff over Noodles Sautéed Mushroom Roasted Brussel Sprouts Fresh Fruit Salad Dinner Roll	23
26	27	28	29 Roasted Turkey & Wild Rice Salad w/Cranberries & Pecans Tomato, Cucumber & Basil Salad Carrot & Celery Sticks w/Dip Dinner Roll	30 EACH MEAL PROVIDED 8 OUNCES OF LOWFAT MILK



= > 750 mg Sodium

MEAL SERVICE @ 12:00 PM

FUNDED BY YOUR DONATIONS*AREA 12 AGENCY ON AGING***MARK TWAIN MEDICAL CENTER FOUNDATION**

SUGGESTED SENIOR DONATION \$5.00