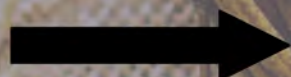


# ANNOUNCEMENT

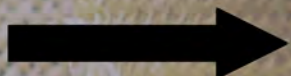
Mark Twain Medical Center is the new provider for the senior congregate nutrition program in Calaveras County.

**MURPHYS' SENIOR CENTER**  
65 MITCHLER AVENUE  
MURPHYS, CA 95247



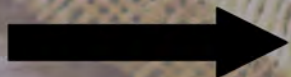
**Tuesdays 11:00am-1:00pm**  
Lunch Served at 12pm

**BURSON OLD FIRE STATION**  
3624 N. BURSON ROAD.  
BURSON, CA 95225



**Wednesdays 10:30am-1:00pm**  
Lunch Served at 12pm

**JENNY LIND VETERAN'S MEMORIAL**  
189 PINE STREET  
VALLEY SPRINGS, CA 95252



**Thursdays 11:00am-1:00pm**  
Lunch Served at 12pm

This program is partially funded by Area 12 Agency on Aging & Mark Twain Medical Center Foundation. Suggested contributions of \$4.00 per person. However, no eligible individual will be denied services because of an inability to contribute. Must be 60+ to participate.





**Dignity Health™**  
Mark Twain Medical Center

FOR MORE INFORMATION PLEASE  
CALL MARK TWAIN MEDICAL CENTER  
(209) 754-6118





## MARK TWAIN MEDICAL CENTER MEALS FOR OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL	1 Chicken Parmesan w/Orzo Italiano Garden Salad Sauté Squash Fresh Fruit Salad Whole Wheat Roll	2 Chicken Parmesan w/Orzo Italiano Garden Salad Sauté Squash Fresh Fruit Salad Whole Wheat Roll	3 Salisbury Steak w/Cornbread Garden Salad Mashed Potatoes & Gravy Fresh Fruit Salad Whole Wheat Roll	4
7	8 Beef Taco Salad w/Shredded Lettuce, Cilantro Brown Rice, Pinto Beans, Cotija Cheese, Guacamole, Tortilla Chips, Pico de Gallo and Ranch Dressing Orange Wedges	9 Beef Taco Salad w/Shredded Lettuce, Cilantro Brown Rice, Pinto Beans, Cotija Cheese, Guacamole, Tortilla Chips, Pico de Gallo and Ranch Dressing Orange Wedges	10 Spaghetti Casserole w/Multi Grain Garlic Bread Garden Salad Sauté Squash Orange Wedges	11
14  COLUMBUS DAY	15 Lemon Herb Fish w/Tartar Sauce and Lemon Wedge Brown Rice Pilaf Garden Salad Sauté Green Beans Peaches <i>Birthday Celebration Cake &amp; Ice Cream</i>	16 Lemon Herb Fish w/Tartar Sauce and Lemon Wedge Brown Rice Pilaf Garden Salad Sauté Green Beans Peaches <i>Birthday Celebration Cake &amp; Ice Cream</i>	17 Roasted Chicken Quarter Garden Salad Potato Salad Peaches Whole Wheat Dinner Roll <i>Birthday Celebration Cake &amp; Ice Cream</i>	BIRTHDAY CELEBRATION!!! 18 
21	22 BBQ Pork Sliders Garden Salad Coleslaw Apple	23 BBQ Pork Sliders Garden Salad Coleslaw Apple	24 Meatloaf Garden Salad Mashed Potatoes w/Gravy Apple Whole Wheat Roll Strawberry Rhubarb Muffin	25
28	29 Cheese Stuffed Shells w/Pesto Cream Sauce & Multi Grain Garlic Bread Garden Salad Roasted Brussels Sprouts Tropical Fruit Salad	30 Cheese Stuffed Shells w/Pesto Cream Sauce & Multi Grain Garlic Bread Garden Salad Roasted Brussels Sprouts Tropical Fruit Salad	<u>ALL HALLOW'S EVE</u> 31 Chicken & Dumplings w/Vegetables Garden Salad Tropical Fruit Salad Whole Wheat Roll	RESERVATIONS REQUIRED: Please call the reservation line directly at: 754-6118

**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**



## MARK TWAIN MEDICAL CENTER MEALS FOR November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESERVATIONS REQUIRED:</b> Please call the reservation line directly at: 754-6118		<b>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</b>		
11/4	11/5 Beef Burgundy over Noodles Garden Salad Baked Acorn Squash Banana Whole Wheat Roll	11/6 Beef Burgundy over Noodles Garden Salad Baked Acorn Squash Banana Whole Wheat Roll	11/7 Lemon Herb Fish Garden Salad Lemon Pesto Rice Sauté Carrots Banana Whole Wheat Roll	11/8
11/11 <b>VETERANS' DAY</b> 	11/12 Chicken Baked Chicken w/Country Gravy Garden Salad Mashed Potatoes Orange Wedges Whole Wheat Bread	11/13 Chicken Baked Chicken w/Country Gravy Garden Salad Mashed Potatoes Orange Wedges Whole Wheat Bread	11/14 Chicken & Vegetable Lasagna Garden Salad Sauté Squash Orange Wedges Multi Grain Garlic Bread	11/15
11/18	11/19 Spaghetti with Meatballs Garden Salad Sauté Squash Peaches Multi Grain Garlic Bread	11/20 Spaghetti with Meatballs Garden Salad Sauté Squash Peaches Multi Grain Garlic Bread	11/21 Roasted Turkey & Gravy Sweet Potato Casserole Green Bean Casserole Fresh Cranberry Orange Relish Whole Wheat Dinner Roll Pumpkin Pie or Fruit Pie	11/22
11/25	11/26 Roasted Turkey & Gravy Sweet Potato Casserole Green Bean Casserole Fresh Cranberry Orange Relish Whole Wheat Dinner Roll Pumpkin Pie or Fruit Pie	11/27 Roasted Turkey & Gravy Sweet Potato Casserole Green Bean Casserole Fresh Cranberry Orange Relish Whole Wheat Dinner Roll Pumpkin Pie or Fruit Pie	11/28 <i>Closed Happy Thanksgiving</i> 	11/29

**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**