

**MARK TWAIN MEDICAL CENTER  
MEALS FOR SEPTEMBER 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>Sent Cold on Thursday</i>
<p>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</p> <p>Menu Subject To Change without Notice</p>	<p>Drive-Through Service Only 12:00 PM - 12:30 PM Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	1	<p><b>Birthday Cupcake</b> 2</p> <p>Broccoli Stuffed Chicken Spinach w/Red Peppers Carrots Pesto Pasta Orange Dinner Roll</p>	3
6	7	8	9	10
			<p>Chicken &amp; Biscuits Grilled Buttery Mushrooms Dinner Roll Banana</p>	<p>Salisbury Steak w/Gravy Grilled Vegetable Medley Creamed Spinach Dinner Roll Tropical Fruit</p>
13	14	15	16	17
			<p>Chicken &amp; Vegetable Lasagna w/White Sauce Green Beans Dinner Roll Pears</p>	<p>Meatloaf w/Gravy Mashed Potatoes Roasted Brussel Sprouts Dinner Roll Banana</p>
20	21	22	23	24
			<p>Pork Carnitas w/Torilla Ranch Pinto Beans Corn Spanish Rice Banana</p>	<p>Lemon Herb Fish Roasted Pepper Strips Beets Lemon Parsley Rice Orange</p>
27	28	29	30	
			<p>Chicken Baked Chicken w/Country Gravy Mashed Potatoes Asian Stir Fry Veggies Banana</p>	<p>Sausage Stuffed Cannelloni w/Alfredo Sauce Peas &amp; Carrots Normandy Veggie Blend Peaches</p>

= > 750 mg Sodium

**MEAL SERVICE @ 12:00 PM - 12:30 PM**

**FUNDED BY YOUR CONTRIBUTIONS, MARK TWAIN MEDICAL CENTER FOUNDATION AND AREA 12 AGENCY ON AGING.  
SUGGESTED CONTRIBUTION FOR SENIORS \$5.00 P MEAL**