

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservations Required: Call 728-1672 and leave message by Thursday the week before	Drive-Through Service Only - 12:00 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's	8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL	9/30 Chicken Baked Chicken w/Country Gravy Mashed Potatoes Stir Fry Veggies Banana Dinner Roll	1 Cannelloni w/Alfredo Sauce Peas & Carrots Normandy Vegetables Peaches Dinner Roll Cold Meal w/THURSDAY
4	5	6	7 Stuffed Cabbage w/Marinara Sauce Herb Carrots Potato Pancake Apple Dinner Roll Birthday Cupcake	8 Swedish Meatballs w/Gravy over Noodles California Veggies Lima Beans Orange Dinner Roll Cold Meal w/THURSDAY
11 COLUMBUS DAY	12	13	14 Chicken Fajitas w/Tortilla and Fajita Veggies Spanish Rice Ranch Pinto Beans Tropical Fruit	15 Meatloaf & Gravy Mashed Potatoes Spinach Applesauce Dinner Roll Cold Meal w/THURSDAY
18	19	20	21 Beef Burgundy w/ Gravy over Noodles Beets Butternut Squash Banana Dinner Roll	22 Honey Glazed Salmon Lemon Green Beans Roasted Parmesan Potatoes Orange Dinner Roll Cold Meal w/THURSDAY
25	26	27	28 Herb Grilled Chicken over Garden Vegetable Rice Stir Fry Veggies Brussels Sprouts Apricots Dinner Roll	29 Eggplant Parmesan w/Marinara Sauce over Pasta Creamed Spinach Broccoli Dinner Roll Cold Meal w/THURSDAY

MEAL SERVICE @ 12:00 PM

=> 750 mg Sodium **FUNDED BY YOUR DONATIONS*** AREA 12 AGENCY ON AGING*** MARK TWAIN MEDICAL CENTER FOUNDATION**
SUGGESTED SENIOR DONATION \$5.00