



MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Reservations Required: Call 728-1672 and leave message by Thursday the week before</p>	<p>2 Drive-Through Service Only - 12:00 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	<p>3 8 OUNCES OF Low-Fat Milk OFFERED AT EACH MEAL</p>	<p>4 Chicken Baked Chicken w/Country Gravy & Mashed Potatoes Seasoned Corn Banana Dinner Roll</p>	<p>5 Cold Sent w/Thursdays Meal Baked Ziti w/Meat Sauce Honey Glazed Carrots Italian Vegetables Grapes WW Roll</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11 Chicken and Biscuits w/Veggies Lima Beans Apple Dinner Roll</p>	<p>12 Cold Sent w/Thursdays Meal Enchiladas w/ Red Sauce over Spanish Rice & Refried Beans Fiesta Corn Orange Dinner Roll</p>
<p>15 VETERANS' DAY</p> 	<p>16</p>	<p>17</p>	<p>18 Citrus Peppercorn Fish w/Lemon over Rice Pilaf Sauté Yellow & Green Squash Herb Carrots Dinner Roll</p>	<p>19 Cold Sent w/Thursdays Meal Meatloaf w/Gravy over a bed of Sauté Spinach Scalloped Potatoes Applesauce Dinner Roll</p>
<p>22</p>	<p>23 Roast Turkey & Gravy Green Bean Casserole Cheesy Mashed Potatoes Stuffing Fresh Cranberry Relish Holiday Pie</p>	<p>24 Cold Sent w/Tuesdays Meal Pot Roast w/Vegetables Winter Roasted Vegetables Herb Fingerling Potatoes Banana Dinner Roll</p>	<p>25 - Service on Tuesday this week</p> 	<p>26</p>
<p>29</p>	<p>30</p>			

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