


MARK TWAIN MEDICAL CENTER

MEALS FOR MURPHY'S December 2021

MONDAY	TUESDAY - Murphy's	WEDNESDAY - Burson	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 Low-Fat Milk OFFERED AT EACH MEAL	Stuffed Cabbage Lima Beans Apple Dinner Roll	Beef & Bean Chili over Rice Italian Vegetables Grapes Cornbread
6	7	8	9	10
			Salisbury Steak w/Gravy Mashed Potatoes Chuckwagon Veggie Blend Apple Dinner Roll	Enchiladas w/Red Sauce Black Beans & Corn Cilantro Lime Minced Cauliflower Orange
13	14	15	16	17
			Breaded Cod Sticks w/Tartar Sauce Grilled Veggies Brown Rice Pilaf Dinner Roll	Chicken Parmesan w/Pesto Pasta Italian Veggies Broccoli Mandarin Oranges
20	21	22	23	24
			Apricot Glazed Ham Mashed Sweet Potatoes Winter Roasted Vegetables Macaroni & Cheese Fruit Salad Dinner Roll Holiday Dessert	Chicken & Vegetable Lasagna Green Beans Banana Dinner Roll
27	28	29	30	31
				



= > 750 mg Sodium

MEAL SERVICE @ 12:00 PM

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