

**MARK TWAIN MEDICAL CENTER/MURPHY'S SENIOR CENTER
MEALS FOR JANUARY 2022**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY MURPHY'S | FRIDAY Cold Meal |
|--|--|-----------|---|--|
| 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 | 5 | 6 Beef Stuffed Pepper w/Marinara Lima Beans Apple WW Dinner Roll | 7 BBQ Shredded Pork over Brown Rice Italian Veggies Coleslaw Grapes WW Roll |
| 10 | 11 | 12 | 13 Chicken & Vegetable White Lasagna Green Beans Apple WW Roll | 14 Bean & Cheese Burrito Black Beans & Corn Cheesy Cauliflower Orange WW Roll |
| 17 | 18 | 19 | 20 Beef Raviolis with Marinara Sauce Grilled Veggies Tropical Fruit WW Roll BIRTHDAY CELEBRATION!!! | 21 Chicken Cordon Blue w/Alfredo Sauce Scalloped Potatoes Peas & Carrots Mandarin Oranges WW Roll |
| 24 | 25 | 26 | 27 Crispy Orange Chicken Brown Rice Asian Stir Fry Veggies Peaches WW Roll | 28 Meatloaf w/Gravy Mashed potatoes Corn Banana WW Roll |
| | | | | 8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL |



= > 750 mg Sodium
FOUNDATION

MEAL SERVICE @ 12:00 – 1:00 PM

FUNDED BY YOUR DONATIONS*AREA 12 AGENCY ON AGING***MARK TWAIN MEDICAL CENTER**

SUGGESTED SENIOR CONTRIBUTION \$5.00 PER MEAL