

MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Murphy's	FRIDAY Cold Meal
	1	2	3 Roast Turkey & Gravy Mashed Potatoes Green Beans Stuffing Mandarin Oranges Dinner Roll	4 Bean & Beef Chili over Rice Italian Vegetables Brown Rice Pineapple Dinner Roll
7	8	9	10 Beef Empanadas Black Beans & Corn Spanish Rice Mangos	11 Cheese Stuffed Shells w/Alfredo Sauce over Spinach Carrots Apple Dinner Roll
14  <i>Lincoln</i>	15  <i>Washington</i>	16	17 Breakfast Egg Skillet Home Fries Banana Tortillas	18 Lemon Herb Fish Herb Brown Rice Peas & Carrots Orange Dinner Roll
21	22	23	24 Chicken & Biscuits 5-Way Vegetable Blend Mandarin Oranges Biscuit	25 BBQ Tri-Tip Mashed Potatoes Zucchini & Carrots Pineapple Dinner Roll
	Reservations Required: Call 728-1672 and leave message by Thursday the week before		8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL	Drive-Through Service Only 12:00 - 1:00 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's



= > 750 mg Sodium

MEAL SERVICE @ 12:00 -12:30 PM

**FUNDED BY YOUR CONTRIBUTIONS, MARK TWAIN MEDICAL CENTER FOUNDATION AND AREA 12 AGENCY ON AGING.
SUGGESTED CONTRIBUTION FOR SENIORS \$5.00.....NON-SENIOR OR GUEST REQUIRED FEE \$6.00**