


MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Drive-Through Service Only 12:00 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	<p>Reservations Required: Call 728-1672 and leave message by Thursday the week before</p>		<p>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</p> <p>Menu Subject To Change without Notice</p>	1
4	5	6	7	8
			<p>Chicken Baked Chicken w/Country Gravy Mashed Potatoes Corn Orange Dinner Roll</p>	<p>Rigatoni w/Meatballs & Marinara Sauce Spinach w/Red Pepper Roasted Carrots Pineapple Dinner Roll</p>
11	12	13	14	15
			<p>BBQ Pork Ribs Collard Greens w/Black Eye Peas Maples Sweet Potatoes Apple Cornbread</p>	<p>Beef Pepper Steak w/Onions & Peppers over Rice Asian Stir Fry Vegetables Applesauce Dinner Roll</p>
18	19	20	21	22
			<p>Chicken Fajitas with Peppers & Onions Black Beans & Corn Spanish Rice Mandarin Oranges Tortilla</p>	<p>Pot Roast w/Gravy Peas & Carrots Butter & Parsley Red Potatoes Orange Dinner Roll</p>
25	26	27	28	29
			<p>Chicken Fajitas Black Beans & Roasted Corn Spanish Rice Mandarin Oranges Tortilla</p>	<p>Grilled Herb Chicken Zucchini Herb Roasted Potatoes Fresh Fruit Salad Dinner Roll</p>

= > 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.....NON-SENIOR OR GUEST REQUIRED FEE \$7.00

