


## MARK TWAIN MEDICAL CENTER SENIOR MEALS FOR MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY -Cold Meal Sent Thursday
2 <div style="background-color: #00FF00; padding: 5px;">Drive-Through Service Only 12:00 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</div>	3	4	5 Chicken Baked Chicken w/Country Gravy Brussels Sprouts Mashed Potatoes Orange Dinner Roll	6 Chicken & Vegetable Lasagna Italian Vegetables Pineapple Dinner Roll
10	11	12	12 Salisbury Steak Carrots & Zucchini Scalloped Potatoes Mandarin Oranges Dinner Roll	13 Lemon Herb Fish over Herb Brown Rice Spinach Broccoli Fresh Fruit Salad Dinner Roll
17	18	19	19 Chicken Fajitas with Peppers & Onions Pinto Beans Pineapple Tortilla	20 Cheese Stuffed Shells w/Alfredo Sauce Peas & Carrots Normandy Blend Vegetable Orange Dinner Roll
24	25	26	26 Lemon Garlic Chicken over Mashed Potatoes Zucchini & Carrots Strawberries & Mangos Dinner Roll	27 Pork Chili Verde over Spanish Rice Fiesta Corn Mandarin Oranges Tortilla
30 <div style="text-align: center;"> Memorial Day</div>	31	<div style="background-color: #FF00FF; padding: 5px;">Reservations Required: Call 728-1672 and leave message by Thursday the week before</div>		<b>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</b>  <b>Menu Subject To Change without Notice</b>

= > 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**

