

**Mark Twain Medical Center/Murphy's Senior Center  
MEALS FOR JUNE 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Cold Meal Thursday
<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>1  8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL</p>	<p>2  Meatloaf w/Gravy Corn Mashed Potatoes Orange Dinner Roll</p>	<p>3  Cheese Ravioli w/Marinara Italian Vegetable Blend Green Beans Pineapple Dinner Roll</p>
6	7	8	9	10
			<p>Cheeseburger Baked Potato Wedges Carrot Sticks Mandarin Oranges</p>	<p>Lemon Herb Fish over Rice Spinach Broccoli Fresh Fruit Salad Dinner Roll</p>
13	14	15	16	17
			<p>Lemon Garlic Chicken Macaroni &amp; Cheese Herb Carrots Swiss Chard Fresh Fruit Salad</p>	<p>Pot Roast w/Gravy Mashed Potatoes Peas &amp; Carrots Orange Dinner Roll</p>
20	21	22	23	24
			<p>Chicken Cordon Blue w/Rice Pilaf Sauté Zucchini &amp; Yellow Squash Strawberries &amp; Blueberries Dinner Roll</p>	<p>London Broil w/Lime Rice Lima Beans Roasted Red Potatoes Mandarin Oranges Dinner Roll</p>
27	28	29	30	
			<p>Pork Carnitas w/Spanish Rice Fiesta Corn &amp; Refried Beans Strawberries &amp; Mangos Tortilla</p>	<p>Roasted Turkey w/Stuffing &amp; Mashed Potatoes &amp; Gravy Green Beans Mandarin Oranges 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**

