

Mark Twain Medical Center/Murphy's Senior Center

MEALS FOR August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations Required: Call 728-1672 and leave message by Thursday the week before</p>	<p>Drive-Through Service Only - 12:00 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	<p>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</p>	<p>4 Sweet & Sour Pork Green Beans White Rice Dinner Roll Mandarin Oranges</p>	<p>5 Chicken & Biscuit 5 Way Vegetable Zucchini Saute Dinner Roll Banana Cold Meal w/THURSDAY</p>
8	9	10	<p>11 Baked Beef Rigatoni Roasted Brussel Sprouts Carrot & Zucchini Saute Dinner Roll Fresh Fruit Salad</p>	<p>12 Grilled Chicken Breast w/ Gravy Mashed Potatoes Broccoli Dinner Roll Sliced Apples Cold Meal w/THURSDAY</p>
15	16	17	<p>18 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Lima Beans Dinner Roll Fresh Fruit Salad</p>	<p>19 Cheese Enchiladas Spanish Rice Black Beans Corn Whole Wheat Tortillas Pineapple Cold Meal w/THURSDAY</p>
22	23	24	<p>25 Teriyaki Chicken Zucchini Carrot & Broccoli White Rice Dinner Roll Mixed Berries</p>	<p>26 Beef Chili Roasted Corn Brown Rice Cornbread Valencia Orange Cold Meal w/THURSDAY</p>

29		30		31				29
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MEAL SERVICE @ 12:00 PM

= > 750 mg Sodium **FUNDED BY YOUR DONATIONS***AREA 12 AGENCY ON AGING***MARK TWAIN MEDICAL CENTER FOUNDATION**
SUGGESTED SENIOR DONATION \$5.00

NO ELIGIBLE SENIOR WILL BE DENIED A MEAL DUE TO INABILITY OR FAILURE TO CONTRIBUTE