

**Mark Twain Medical Center/Murphy's Senior Center**

**MEALS FOR September 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>1 Spaghetti &amp; Meatballs Broccoli Carrot Coins Dinner Roll Fruit Salad</p>	<p>2 Chicken Cordon Bleu Hollandaise Sauce Green Beans Mashed Potatoes Dinner Roll Mandarin Oranges <b>Cold Meal w/THURSDAY</b></p>
<p>5  LABOR DAY</p>	<p>6</p>	<p>7</p>	<p>8 Barbecue Chicken Breast Corn Mashed Potatoes Dinner Roll Fresh Fruit Salad</p>	<p>9 Beef Taquitos Black Beans Fajita Vegetable Spanish Rice Whole Wheat Tortillas Valencia Orange <b>Cold Meal w/THURSDAY</b></p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15 Hawaiian Chicken Coconut Rice Broccoli Hawaiian Roll Pineapple</p>	<p>16 Pork Egg Rolls Fried Rice Stir Fry Vegetable Dinner Roll Melon Salad  <b>Cold Meal w/THURSDAY</b></p>
<p>19</p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p>	<p>20</p>	<p>21</p>	<p>22 Cheese Tortellini w/ Italian Sausage Zucchini Carrot Dinner Roll Fresh Fruit Salad</p>	<p>23 Lemon Herb Fish Normandy Blend Vegetables Braised Spinach Brown Rice Dinner Roll Valencia Orange <b>Cold Meal w/THURSDAY</b></p>

26	27	28	29 Barbecue Pork Ribs Black Eyed Peas Collared Greens Mac & Cheese Dinner Roll Mandarin Oranges	30 Cheese Stuffed Shells Creamy Kale Pesto Sauce Carrot & Zucchini Saute Yellow Squash Dinner Roll Pear <b>Cold Meal w/ Thursday</b>
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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\***