

Mark Twain Medical Center/Murphy's Senior Center

December 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 Meatloaf w/ Gravy Mashed Potatoes Broccoli' Peas Dinner Roll Fruit Salad</p> | <p>2 Cheese Raviolis Marinara Sauce Zucchini Saute Roasted Carrots Dinner Roll Mandarin Oranges</p> <p>Cold Meal w/THURSDAY</p> |
| <p>5</p> | <p>6</p> | <p>7</p> | <p>8 Chicken Enchiladas Fajita Vegetables Refried Beans Spanish Rice Pineapple</p> | <p>9 Pot Roast Mashed Potatoes Peas Dinner Roll Valencia Orange</p> <p>Cold Meal w/THURSDAY</p> |
| <p>12</p> | <p>13</p> | <p>14</p> | <p>15 Chicken Baked Chicken Country Gravy Scalloped Potatoes Roasted Brussel Sprouts Dinner Roll Fruit Salad</p> | <p>16 Vegetarian Chili Five Way Vegetable Broccoli Corn Bread Sliced Apples</p> <p>Cold Meal w/THURSDAY</p> |
| <p>19</p> | <p>20</p> | <p>21</p> | <p>22 Prime Rib Creamy Horseradish Garlic Green Beans Dinner Roll Sliced Apples</p> | <p>23 Teriyaki Chicken Asian Stir Fry Vegetable Yellow Squash White Rice Asian Pear</p> <p>Cold Meal w/THURSDAY</p> |

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| 26 | 27 | 28 | 29 Pork Chile Verde Black Beans Corn Spanish Rice Whole Wheat Tortillas Diced Pears | 30 Chicken Parmesan Marinara Sauce Roasted Red Potatoes Normandy Blend Vegetables Dinner Roll Grapes Cold Meal w/ Thursday |
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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