

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

**November 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 Beef Burgundy Egg Noodles Mushroom, Carrot, Onion Saute' Peas Dinner Roll Fruit Salad</p>	<p>5 Beef Stuffed Bell Pepper Marinara Sauce Mashed Potatoes Dinner Roll Diced Pears <b>Cold Meal w/THURSDAY</b></p>
8	9	10	<p>11 Country Baked Steak w/ Country Gravy Corn Mashed Potatoes Dinner Roll Valencia Orange</p>	<p>12 Chile Relleno in Verde Sauce Refried Beans Cilantro Lime Rice Whole Wheat Tortillas Pineapple <b>Cold Meal w/THURSDAY</b></p>
15	16	17	<p>18 Salisbury Steak Mushroom Gravy Mashed Potatoes Dinner Roll Fruit Salad</p>	<p>19 Chicken &amp; Biscuit in Cream Sauce Five Way Vegetable Broccoli Dinner Roll Sliced Apples <b>Cold Meal w/THURSDAY</b></p>
22	<p>23 Roast Turkey w/ Skillet Gravy Maple Roasted Sweet Potatoes Green Bean Casserole Dinner Roll Fresh Cranberry Ginger Relish</p>	<p>24 Cheese Manicotti Marinara Sauce Normandy Blend Vegetables Braised Spinach Dinner Roll Red Bartlett Pear <b>Cold Meal w/Tuesday</b></p>	<p>25 <b><u>Thanksgiving</u></b></p>	<p>26</p>

31				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\***