

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

**October 2022**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Reservations Required: Call <b>728-1672</b> 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>6 Swedish Meatballs Egg Noodles Mushroom &amp; Onion Saute' Peas Dinner Roll Anjou Pear</p>	<p>7 Beef Stuffed Cabbage Marinara Sauce Mashed Potatoes Dinner Roll Mandarin Oranges <b>Cold Meal w/THURSDAY</b></p>
<p>10 LABOR DAY</p>	<p>11</p>	<p>12</p>	<p>13 Beef Pot Roast w/ Gravy Celery, Carrots, Onions Mashed Potatoes Dinner Roll Fresh Fruit Salad</p>	<p>14 Chicken Fajitas Black Beans Fajita Vegetable Spanish Rice Whole Wheat Tortillas Valencia Orange <b>Cold Meal w/THURSDAY</b></p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20 Pork Chop w/ Gravy Scalloped Potatoes Roasted Brussel Sprouts Dinner Roll Applesauce</p>	<p>21 Steak Flautas w/ Garlic Cream Sauce Spanish Rice Fajita Vegetable Refried Beans Whole Wheat Tortillas Mandarin Oranges <b>Cold Meal w/THURSDAY</b></p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Chicken Lasagna Bianca Zucchini Carrot Dinner Roll Fresh Fruit Salad</p>	<p>28 Fish &amp; Chips Tartar Sauce, Malt Vinegar California Vegetable Blend Dinner Roll Valencia Orange <b>Cold Meal w/THURSDAY</b></p>

31 Happy Halloween!!				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\***