

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

**February 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations Required: Call (209) 754-6118 and leave message by Thursday the week before</p>	<p>Congregate Services Only: 11:30 - 12:30 Thursday at Murphy's Senior Center 65 Mitchler Ave., Murphy's</p>	<p>1  8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</p>	<p>2 Chicken Lasagna Bianca Mixed Greens Salad Carrot, Zucchini, Spinach Saute' Dinner Roll Fruit Salad</p>	<p>3</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9 Meatloaf w/ Gravy Mashed Potatoes Roasted Brussel Sprouts Dinner Roll Banana</p>	<p>10</p>
<p>13</p>	<p>14 <i>Valentine's Day</i></p>	<p>15</p>	<p>16 Barbecue Chicken Caesar Salad Normandy Blend Vegetables Mac &amp; Cheese Dinner Roll Mandarin Oranges</p>	<p>17</p>
<p>20 <i>President's Day</i></p>	<p>21</p>	<p>22</p>	<p>23 Bone-In Pork Chop Pork Gravy Mixed Green Salad Scalloped Potatoes Dinner Roll Apple Sauce</p>	<p>24</p>
<p>27</p>	<p>28</p>			

**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\***