

Mark Twain Medical Center/Murphy's Senior Center

January 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>8 OUNCES OF Fat Free Milk OFFERED AT EACH MEAL</p>	<p>5 Chicken Pot Pie w/ 5 way Vegetable Mixed Greens Salad Dinner Roll Fruit Salad</p>	<p>6</p>
<p>9</p>	<p>10</p>	<p>11</p>	<p>12 Chile Relleno w/ Verde Sauce Mixed Greens Salad Refried Beans Spanish Rice Pineapple</p>	<p>13</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19 Chicken Parmesan Marinara Sauce Caesar Salad Mashed Potatoes Dinner Roll Mandarin Oranges</p>	<p>20</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26 Pepper Steak w/ Sauteed Onion & Bellpepper Stir Fry Vegetable Brown Rice Sliced Apples</p>	<p>27</p>

30	31			
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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