

Mark Twain Medical Center/Murphy's Senior Center

March 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 Creamy Pesto Chicken Tortellini Mixed Greens Salad Carrot, Broccoli, Cauliflower Dinner Roll Apple Slices</p>	<p>3 Pot Roast w/ Gravy Mashed Potatoes Yellow Squash Dinner Roll Fruit Salad Pick up on Thursday</p>
6	7	8	<p>9 Salisbury Steak w/ Gravy Mashed Potatoes Zucchini Saute' Dinner Roll Apple Sauce</p>	<p>10 Broccoli Chicken Stir Fry Vegetables Brown Rice Fruit Salad Pick up on Thursday</p>
13	14	15	<p>16 Roast Turkey Skillet Gravy Maple Yams Green Beans Dinner Roll Grapes</p>	<p>17 St. Patrick's Day Corned Beef Roasted Red Potatoes Brussel Sprouts Dinner Roll Fruit Salad Pick up on Thursday</p>
20	21	22	<p>23 Cheese Enchiladas Refried Beans Mixed Green Salad Cilantro Lime Rice Mandarin Oranges</p>	<p>24 Pork Chile Verde Black Beans & Corn Fajita Vegetables WW Tortillas Fruit Salad Pick up on Thursday</p>
27	28	29	<p>30 Chicken Cordon Bleu Hollandaise Sauce Mixed Greens Salad Scalloped Potatoes Dinner Roll Pineapple</p>	<p>31 Beef Burgundy Carrot, Mushroom & Onions Mashed Potatoes Dinner Roll Fruit Salad Pick up on Thursday</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 PER MEAL

NO ELIGIBLE SENIOR WILL BE DENIED A MEAL DUE TO INABILITY OR FAILURE TO CONTRIBUTE