

APRIL 2024 LUNCHEON MENU --

A PROGRAM OF INDEPENDENCE PARKS & RECREATION & MID-AMERICA REGIONAL COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The suggested contribution is \$3 per senior meal. \$6 for non-senior guests.</p> <p>Lunch is served at 11:30 a.m.</p> <p>You may reserve a meal beginning on Wednesday the week before.</p> <p>Please call 816-325-6200 to make or cancel your reservation. <u>Please make or cancel your reservation by noon the serving day before.</u></p> <p>Make checks payable to "MARC" *****</p> <p><u>Palmer Inclement weather line call – 816-325-7999 Ext. 4</u></p> <p>Menus are subject to change due to availability of food items</p>	<p>1 Breaded fish Pickled beets Green Beans Citrus fruit mix White bread Graham crackers</p>	<p>2 Mostaccioli w/meat sauce Italian vegg Salad/tomato/carrots Pineapple/orange mix Graham crackers</p>	<p>3 BBQ Chicken Carrots Potato salad Tropical Fruit mix Whole Grain bun</p>	<p>4 Chili w/beans Shredded cheddar Salad/tomato/carrots Peach cobbler Wheat crackers</p>	<p>5 Chicken Parmesan Penne Pasta Broccoli Salad/tomato/carrots Banana Graham crackers</p>
	<p>8 Sloppy Joe's Potato Wedges Scandinavian -veg Apple Slices Hamburger Bun</p>	<p>9 Seasoned diced chicken Cheddar cheese Salad/tomato/carrots Chuckwagon corn Stewed apples Tortilla</p>	<p>10 Mexican taco salad Shredded cheese Lettuce with tomatoes Pinto beans Orange Nacho corn chips</p>	<p>11 Chicken patty Potatoes O'Brien Broccoli Tropical fruit mix Hamburger bun</p>	<p>12 Meatloaf Brown gravy Country blend vegg Mashed potatoes Peaches & strawberries Wheat dinner roll</p>
	<p>15 Seasoned chicken breast Potatoes Au Gratin Broccoli Pineapple/ orange mix Graham crackers Multigrain bread</p>	<p>16 Beef-mac casserole Green beans Pears Wheat bread Vanilla Wafer/banana pudding</p>	<p>17 Chicken strips Potato wedges Salad/tomato/carrots Orange Multigrain bread Graham crackers</p>	<p>18 Beef stew/vegg Salad/tomato/carrots Banana Corn Muffin Oatmeal/Raisin cookie</p>	<p>19 Meatball sub Italian veg Salad/tomato/carrots Orange Hoagie Roll</p>
	<p>22 Salisbury steak Brown gravy Sweet potatoes Broccoli Citrus fruit cup Wheat bread Shortbread cookies</p>	<p>23 Battered tilapia Coleslaw Sweet potatoes Peaches & Strawberries Oatmeal Raisin Cookie</p>	<p>24 Chicken fried steak w/gravy Mashed potatoes Green beans Citrus fruit mix Wheat dinner roll Shortbread cookies</p>	<p>25 Turkey deli Swiss Cheese Salad/tomato/carrots Potato Salad Orange White bread</p>	<p>26 BIRTHDAY LUNCH Chicken oven fried. Mashed potatoes with gravy Green beans Orange cake & Ice cream</p>
	<p>29 Pulled pork White corn w/ peppers Coleslaw Apple slices Hoagie Roll</p>	<p>30 Beef patty American cheese Salad/tomato/carrots Steak fries Banana Whole grain bun</p>			

The purpose of the lunch we serve is to meet the dietary guidelines to provide 1/3 of the recommended daily allowance of nutritional needs for seniors.