

JULY 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>1 Chicken patty w/Swiss Cheese Potatoes O'Brien Broccoli Tropical fruit mix Hamburger bun</p>	<p>2 Beef stew/vegs Salad/tomato/carrots Banana Corn Muffin Oatmeal/Raisin cookie</p>	<p>3 Beef Hot dog Green beans Potato salad Watermelon Hot Dog Bun</p>	<p>4 HAPPY 4TH OF JULY</p>	<p>5 Chicken Salad Salad/tomato/carrots Cucumber onion salad Applesauce Wheat bread Oatmeal Raisin cookie</p>
	<p>8 Ribette/BBQ Sauce Peas & Carrots Coleslaw Pears & Strawberries Hamburger bun</p>	<p>9 Chicken Parmesan Penne Pasta Broccoli Salad/tomato/carrots Banana White bread</p>	<p>10 Fish Coleslaw Sweet potatoes Tropical fruit mix White wholegrain bread</p>	<p>11 Diced seasoned chicken Cheddar cheese. Salad/tomato/carrots Chuckwagon corn Stewed apples Tortilla</p>	<p>12 BBQ Beef Potato salad Calif Blend Banana Hamburger bun</p>
	<p>15 Meatloaf with brown gravy Mashed potatoes Fiesta veg Peaches & Strawberries Wheat dinner roll</p>	<p>16 Chicken Strips Sweet potatoes wedges Salad/tomato/carrots Whole grain bread Orange Graham crackers</p>	<p>17 Beef-mac casserole Green beans Pears Wheat bread Vanilla Wafer/banana pudding</p>	<p>18 BBQ Chicken Carrots Potato Salad Tropical fruit mix Hamburger bun</p>	<p>19 Mexican taco salad Shredded cheese Lettuce with tomatoes Pinto beans Orange Nacho corn chips</p>
	<p>22 Breaded fish Green Beans Coleslaw Tropical Fruit Mix Mac & Cheese</p>	<p>23 Sloppy Joe's Potato Salad Scandinavian -veg. Peaches & Strawberries Hamburger Bun</p>	<p>24 Scrambled eggs Turkey sausage links Hash browns. Applesauce Biscuit Oatmeal Square</p>	<p>25 Beef patty American cheese Salad/tomato/carrots Steak fries. Banana Hamburger bun</p>	<p>26 BIRTHDAY LUNCH Chicken oven fried. Mashed potatoes with gravy Green beans Orange cake & Ice cream</p>
	<p>29 Seasoned chicken breast Potatoes AuGratin Broccoli Pineapple/mandarin orange mix White wholegrain bread Oatmeal raisin cookie</p>	<p>30 Chicken fried steak w/gravy Mashed potatoes Green beans Citrus fruit mix Wheat dinner roll Shortbread cookies</p>	<p>31 Turkey deli Swiss cheese Salad/tomato/carrots Potato salad Orange White wholegrain bread</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.