

# AUGUST 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><b>ALL MEALS ARE SERVED 1% MILK</b></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>5 Sloppy Joe's Potato Salad Scandinavian -veg. Peaches &amp; Strawberries Hamburger Bun</p>	<p>6 Chicken Parmesan Penne Pasta Broccoli Salad/tomato/carrots Banana White bread</p>	<p>7 Fish Coleslaw Sweet potatoes Tropical fruit mix White wholegrain bread</p>	<p>8 Diced seasoned chicken Cheddar cheese. Salad/tomato/carrots Chuckwagon corn Stewed apples Tortilla</p>	<p>9 BBQ Beef Potato salad Calif Blend Banana Hamburger bun</p>
	<p>12 Meatloaf with brown gravy Mashed potatoes Fiesta veg Peaches &amp; Strawberries Wheat dinner roll</p>	<p>13 Chicken Strips Sweet potatoes wedges Salad/tomato/carrots Whole grain bread Orange Graham crackers</p>	<p>14 Beef-mac casserole Green beans Pears Wheat bread Vanilla Wafer/banana pudding</p>	<p>15 BBQ Chicken Carrots Potato Salad Tropical fruit mix Hamburger bun</p>	<p>16 Mexican taco salad Shredded cheese Lettuce with tomatoes Pinto beans Orange Nacho corn chips</p>
	<p>19 Ribette/BBQ Sauce Peas &amp; Carrots Coleslaw Pears &amp; Strawberries Hamburger bun</p>	<p>20 Beef patty American cheese Salad/tomato/carrots Steak fries. Banana Hamburger bun</p>	<p>21 Breaded fish Green Beans Coleslaw Tropical Fruit Mix Mac &amp; Cheese</p>	<p>22 Chicken fried steak w/gravy Mashed potatoes Green beans Citrus fruit mix Wheat dinner roll Shortbread cookies</p>	<p>23 Chicken Salad Salad/tomato/carrots Cucumber onion salad Applesauce Wheat bread Oatmeal Raisin cookie</p>
	<p>26 Seasoned chicken breast Potatoes AuGratin Broccoli Pineapple/mandarin orange mix White wholegrain bread Oatmeal raisin cookie</p>	<p>27 Beef Hot dog Green beans Potato salad Watermelon Hot Dog Bun</p>	<p>28 Scrambled eggs Turkey sausage links Hash browns. Applesauce Biscuit Oatmeal Square</p>	<p>29 Turkey deli Swiss cheese Salad/tomato/carrots Potato salad Orange White wholegrain bread</p>	<p>30 CLOSED FOR SANTA-CALI-GON</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.*