





# NOVEMBER 2024 LUNCHEON MENU --

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

<p>The suggested contribution is \$3 per senior meal. \$7 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>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1 Chicken fried steak w/gravy Mashed potatoes Green beans Citrus fruit mix Wheat dinner roll</p>
	<p>4 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain Bread Tapioca Pudding</p>	<p>5 Tuna noodle Casserole Cauliflower/Peas Cucumber Onion salad Applesauce Wheat bread</p>	<p>6 Mexican taco salad Shredded cheese Lettuce with tomatoes Pinto beans Orange Nacho corn chips</p>	<p>7 Seasoned chicken breast Potatoes O'Brien Broccoli Pineapple/mandarin orange mix Multigrain bread Shortbread cookie</p>	<p>8 Beef patty American cheese Salad/tomato/carrots Steak fries. Banana Hamburger bun</p>
	<p>11 VETERANS' DAY</p> 	<p>12 Chicken &amp; Noodles Carrots Salad/tomato/carrots Orange White Wholegrain bread</p>	<p>13 Sloppy Joe's Potato Salad Carrots Apple Slices Hamburger Bun</p>	<p>14 Eggs Scrambled Turkey sausage links Hash browns Applesauce Biscuit Oatmeal Square</p>	<p>15 Beef stew/vegs Salad/tomato/carrots Banana Corn Muffin Shortbread cookies</p>
	<p>18 Fish Spinach Sweet Potatoes Tropical Fruit mix White wholegrain bread Oatmeal Raisin cookie</p>	<p>19 Beef-mac casserole Green beans Banana Vanilla Wafer/banana pudding Multigrain bread</p>	<p>20 Ribette/BBQ Sauce Carrots Potato Salad Pears and Strawberries Hamburger bun</p>	<p>21 Mostaccioli with meat sauce Italian vegetables Salad/tomato/carrots Pineapple/mandarin mix Italian bread Graham crackers</p>	<p>22 <b>BIRTHDAY LUNCH</b> Chicken oven fried. Mashed potatoes with gravy Green beans Orange sherbet &amp; white cake Wheat dinner roll</p>
<p>25 Chicken Stir Fry Stir Fry Vegetables Cold pickled beets Shortbread Cookies Mandarin Orange White Whole Grain bread</p>	<p>26 Chili beans Shredded cheddar Salad/tomato/carrots Peach cobbler Wheat crackers</p>	<p>27 Turkey with Gravy Mashed potatoes Green Bean Casserole Pumpkin pie with topping Cranberry Sauce Wheat dinner roll</p>	<p>28 &amp; 29 THANKSGIVING DAY</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.