





DECEMBER 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. \$7 for non-senior guests.</p> <p>Lunch is served at 11:30 a.m.</p>	<p>2 Fish Spinach Sweet Potatoes Tropical Fruit mix White wholegrain bread Oatmeal Raisin cookie</p>	<p>3 Beef stew/vegs Salad/tomato/carrots Banana Corn Muffin Oatmeal Raisin cookie</p>	<p>4 Chicken Stir Fry Stir Fry Vegetables Cold pickled beets Shortbread Cookies Mandarin Orange White Whole Grain bread</p>	<p>5 Meatloaf w/ brown gravy Mashed potatoes Fiesta vegetables Pears & Strawberries Wheat Dinner Roll</p>	<p>6 Beef-mac casserole Green beans Banana Vanilla Wafer/banana pudding Multigrain bread</p>
<p>You may reserve a meal beginning on Wednesday the week before.</p>	<p>9 Swiss Steak w/ tomato Mashed potatoes Peas/Carrots Apple Slices Multigrain Bread Tapioca Pudding</p>	<p>10 Tuna noodle Casserole Cauliflower/Peas Cucumber Onion salad Applesauce Wheat bread</p>	<p>11 Mexican taco salad Shredded cheese Lettuce with tomatoes Pinto beans Orange Nacho corn chips</p>	<p>12 Fish Green beans Coleslaw Tropical Fruit mix Mac & Cheese</p>	<p>13 Beef patty American cheese Salad/tomato/carrots Steak fries. Banana Hamburger bun</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>16 Eggs Scrambled Turkey sausage links Hash browns Applesauce Biscuit Oatmeal Square</p>	<p>17 Chicken & Noodles Carrots Salad/tomato/carrots Orange White Wholegrain bread</p>	<p>18 Sloppy Joe's Potato Salad Carrots Apple Slices Hamburger Bun</p>	<p>19 Veggie Bean Burger Cheese Swiss Potato Wedges Salad/tomato/carrots Banana Hamburger bun</p>	<p>20 Chicken fried steak w/gravy Mashed potatoes Green beans Citrus fruit mix Wheat dinner roll</p>
<p>Make checks payable to "MARC" ***** <u>Palmer Inclement weather line call – 816-325-7999 Ext. 4</u></p>	<p>23 Roast Beef with brown gravy Mashed potatoes Broccoli Cherry Cobbler Wheat Dinner Roll</p>	<p>24 CLOSED FOR CHRISTMAS HOLIDAY</p> 	<p>25 CHRISTMAS</p> 	<p>26 Mostaccioli with meat sauce Italian vegetables Salad/tomato/carrots Pineapple/mandarin mix Italian bread Graham crackers</p>	<p>27 BIRTHDAY LUNCH Chicken oven fried. Mashed potatoes with gravy Green beans Orange sherbet & white cake Wheat dinner roll</p>
	<p>30 Pulled Pork White Corn w/peppers Coleslaw Apple slices Hoagie Roll</p>	<p>31 Chili beans Shredded cheddar Salad/tomato/carrots Peach cobbler Wheat crackers</p>	<p><i>Have a joyful Holiday Season!</i></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.