




# MAY 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" *****<br/><u>Palmer Inclement weather line call – 816-325-7999 Ext. 4</u></p> <p>There could be menu changes due to circumstances beyond our control</p> | <p><b>ALL MEALS ARE SERVED 1% MILK</b><br/><b>Menus are subject to change due to availability of food items</b></p> |  | <p>1 Seasoned chicken breast<br/>Potatoes Au Gratin<br/>Broccoli<br/>Pineapple/ orange mix<br/>Graham crackers<br/>Multigrain bread</p> | <p>2 Mostaccioli w/meat sauce<br/>Italian veg.<br/>Salad/tomato/carrots<br/>Pineapple/orange mix<br/>Graham crackers</p>                    | <p>3 Mexican taco salad<br/>Shredded cheese<br/>Lettuce with tomatoes<br/>Pinto beans<br/>Orange<br/>Nacho corn chips</p>   |
|   | <p>6 Sloppy Joe's<br/>Potato Wedges<br/>Scandinavian -veg.<br/>Apple Slices<br/>Hamburger Bun</p>                   | <p>7 Chicken Parmesan<br/>Penne Pasta<br/>Broccoli<br/>Salad/tomato/carrots<br/>Banana<br/>Graham crackers</p>                     | <p>8 <br/><br/>CLOSED – Truman's Birthday</p>        | <p>9 Breaded fish<br/>Pickled beets<br/>Green Beans<br/>Citrus fruit mix<br/>White bread<br/>Graham crackers</p>                            | <p>10 BBQ Chicken<br/>Carrots<br/>Potato salad<br/>Tropical Fruit mix<br/>Whole Grain bun</p>   |
|   | <p>13 Chicken patty<br/>Potatoes O'Brien<br/>Broccoli<br/>Tropical fruit mix<br/>Hamburger bun</p>                  | <p>14 Meatloaf<br/>Brown gravy<br/>Country blend veg.<br/>Mashed potatoes<br/>Peaches &amp; strawberries<br/>Wheat dinner roll</p> | <p>15 Seasoned diced chicken<br/>Cheddar cheese.<br/>Salad/tomato/carrots<br/>Chuckwagon corn<br/>Stewed apples<br/>Tortilla</p>        | <p>16 Salisbury steak<br/>Brown gravy<br/>Sweet potatoes<br/>Broccoli<br/>Citrus fruit cup<br/>Wheat bread<br/>Shortbread cookies</p>       | <p>17 Chicken strips<br/>Potato wedges<br/>Salad/tomato/carrots<br/>Orange<br/>Multigrain bread<br/>Graham crackers</p>   |
|   | <p>20 Beef-mac casserole<br/>Green beans<br/>Pears<br/>Wheat bread<br/>Vanilla Wafer/banana pudding</p>             | <p>21 Battered tilapia<br/>Coleslaw<br/>Sweet potatoes<br/>Peaches &amp; Strawberries<br/>Oatmeal Raisin Cookie</p>                | <p>22 Meatball sub<br/>Italian veg.<br/>Salad/tomato/carrots<br/>Orange<br/>Hoagie Roll</p>   | <p>23 Chicken fried steak w/gravy<br/>Mashed potatoes<br/>Green beans<br/>Citrus fruit mix<br/>Wheat dinner roll<br/>Shortbread cookies</p> | <p>24 Beef patty<br/>American cheese<br/>Salad/tomato/carrots<br/>Steak fries.<br/>Banana<br/>Hamburger bun</p>   |
|   | <p>27 </p>                       | <p>28 Pulled pork<br/>White corn w/ peppers<br/>Coleslaw<br/>Apple slices<br/>Hoagie Roll</p>                                      | <p>29 Beef stew/vegs<br/>Salad/tomato/carrots<br/>Banana<br/>Corn Muffin<br/>Oatmeal/Raisin cookie</p>                                  | <p>30 Turkey deli<br/>Swiss Cheese<br/>Salad/tomato/carrots<br/>Potato Salad<br/>Orange<br/>White bread</p>                                 | <p><br/>31 BIRTHDAY LUNCH<br/>Chicken oven fried.<br/>Mashed potatoes with gravy<br/>Green beans<br/>Orange cake &amp; Ice cream</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.