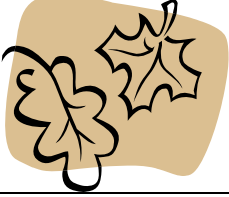


SEPTEMBER 2010 DAILY LUNCHEON MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION IS \$2 PER MEAL. PLEASE CALL 325-6200 TO MAKE OR CANCEL YOUR RESERVATION</p> <p>LUNCH IS SERVED AT 11:30 AM</p> <p>PLEASE MAKE OR CANCEL YOUR RESERVATION BY NOON THE SERVING DAY BEFORE</p> <p>YOU MAY RESERVE A MEAL UP TO THREE SERVING DAYS IN ADVANCE</p> <p>MAKE CHECKS OUT TO "MARC" *****</p> <p><u>PALMER INCLEMENT</u></p> <p><u>WEATHER LINE</u></p> <p>CALL - 325-7999</p>			1 Ham & Beans, spinach, cornbread muffin, citrus cup	2 Breaded chicken breast, mashed potatoes w/ gravy, stewed tomatoes, wheat bread, cinnamon applesauce	3 Closed in observance of Labor Day!
	6 Closed in observance of Labor Day!	7 Scrambled eggs, turkey sausage links, hash browns, applesauce, biscuit, orange juice	8 BBQ Rib Patty, Au gratin potatoes, honey glazed carrots, mandarin oranges	9 Chicken Fried Steak, mashed potatoes w/ gravy, Capri mixed vegetables, cottage cheese, roll, diced peaches	10 Sloppy Joe, Brussels sprouts, corn, chocolate pudding
	13 Hot Open Faced Turkey sandwich, mashed potatoes w/ gravy, green beans, white bread, diced honey dew melon	14 Beef Pepper patty w/ gravy, Japanese mixed vegetables, zucchini & tomatoes, potato bread, Lorna Doone cookies	15 Tuna Casserole, peas & carrots, tossed salad, wheat bread, apricot halves	16 Swedish meatballs over rice, Italian mixed vegetables, three bean salad, rye bread, mandarin oranges	17 Creamed chicken w/ rice, honey glazed carrots, hot stewed tomatoes, biscuit, diced watermelon
	20 Salisbury steak, mashed potatoes w/ gravy, broccoli, roll, lemon pudding	21 Beef Chili Dog, O'Brien potatoes, spinach, citrus cup	22 Turkey sandwich, pickled beets, pasta salad wheat bread, tropical fruit	23 Breaded fish patty, broccoli rice casserole, tossed salad, mixed fruit	24 Open faced meatloaf sandwich, mashed potatoes w/ gravy, zucchini & tomatoes, white bread, peanut butter cookie
	27 Mostaccioli w/ meat sauce, Harvard beets, green beans, apple spice muffin, diced cantaloupe	28 Chicken strips, mac & cheese, peas & carrots, marinated tomatoes, white bread, citrus cup	29 Cheeseburger, mixed vegetables, creamy cole slaw, lemon pudding	30 Birthday Lunch! Fried chicken breast, mashed potatoes w/ gravy, Catalina mixed vegetables, roll, white cake w/ strawberries	