

## Local News



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# Dexter Senior Center Menu

AUGUST 15TH 2016 BY DEE LOFLIN

## Dexter Senior Center Menu

**Dexter, Missouri** - The Dexter Senior Center lunch menu for Monday, August 15th - Friday, August 19th. Special guest on Wednesday will be the A.P.P.L.E. Project of Southeast Missouri State University with a session on Medicare Benefits. The session is FREE and you may ask questions after the program about Medicare Benefits.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter. You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

Menu for this week!

Monday, August 15th - whole grain pasta w/ meatsauce, baked chicken, fried squash, lettuce salad, garlic breadstick, and fruit salad.

Tuesday, August 16th - chicken sandwich, fish sandwich, glazed carrots, coleslaw, bun, and peach crisp.

Wednesday, August 17th - taco salad w/ seasoned beef, cheese, lettuce & tomatoes, corn & black beans, tortilla chips, and apples.

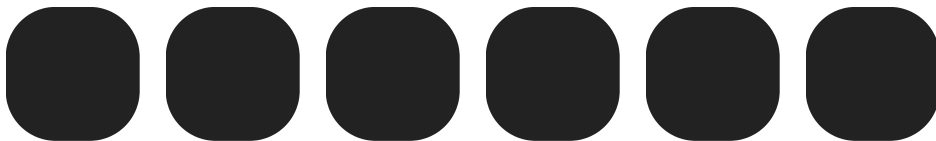
Thursday, August 18th - chicken & dumplings, ham, spinach, beets, cornbread, and gooey buttercake.

Friday, August 19th - pepper steak, catfish, baked beans, fried okra, bread/hushpuppies, and coconut cake.

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