



# ENCORE CAFÉ

## May 2024

Monday	Tuesday St. Mark's UMC 4700 Johnson Ave NW Cedar Rapids	Wednesday Low Park 4500 N 10th St Marion	Thursday Low Park 4500 N 10th St Marion	Friday Marion Library 1101 6th Ave Marion
All meals include milk, OJ, iced tea, coffee, and salad bar.		<b>1</b> Lasagna Chicken Alfredo Breadstick Steamed Broccoli Fruited Jello	<b>2</b> Chicken Taco Beef Taco Topping Bar Spanish Rice Fresh Cut Fruit Brownies	<b>3</b> Beef Enchilada Chicken Quesadilla Salsa & Sour Cream Spanish Rice Mandarin Oranges Brownies
<b>6</b>	<b>7</b> Chicken Taco Beef Taco Topping Bar Spanish Rice Fresh Cut Fruit Brownies	<b>8</b> Creamy Chicken Breast Sliced Turkey Scalloped Potatoes Melon Medley Birthday Cupcakes	<b>9</b> Breaded Pork Tenderloin Grilled Chicken Sandwich Steamed Green Beans Sliced Apples	<b>10</b> Hot Turkey Sandwich Chicken Strips Mashed Potatoes Gravy Mandarin Oranges
<b>13</b>	<b>14</b> Goulash Cheese Burger Cheesy Cauliflower Peaches Birthday Cupcake	<b>15</b> Turkey and Rice Casserole Pulled Pork Sandwich Baked Beans Tomato Cucumber Salad	<b>16</b> Baked Potato Bar Toppings Chili Steamed Broccoli Cheese Sauce	<b>17</b> Ruben Sandwich Fish Sandwich Roasted Zucchini and Squash Greek Feta Pasta Salad Cookie
<b>20</b>	<b>21</b> Salisbury Steak Creamy Chicken Breast Rice Pilaf California Vegetables Sliced Apples	<b>22</b> Cashew Chicken Beef and Broccoli White/Fried Rice Egg Roll Fortune Cookie	<b>23</b> Pork Loin Baked Fish Dinner Roll/Butter Peas and Carrots Cookie	<b>24</b> Salisbury Steak Grilled Chicken Buttered Corn Fresh Grapes Banana Bread
<b>27</b>	<b>28</b> Chicken Salad on a Croissant Meatball Sub Sandwich Green Beans Pickled Beet Salad	<b>29</b> Meatloaf Sliced Ham Mac & Cheese Candied Carrots Banana	<b>30</b> Grilled Hamburger Grilled Brat/Sauerkraut Roasted Red Potatoes Mediterranean Panna Pasta Salad	<b>31</b> BBQ Beef Sandwich Creamy Chicken and a Biscuit Mashed Sweet Potatoes Birthday Cupcakes

Please make reservations by 1:00 pm the day before dining by calling **319-398-2585**.  
Meals served 11:30 am – 12:30 pm. Menu subject to change. See back side for events!



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	St. Mark's UMC 4700 Johnson Ave NW Cedar Rapids	Low Park 4500 N 10th St Marion	Low Park 4500 N 10th St Marion	Marion Library 1101 6th Ave Marion
Older Americans Month Arthritis Awareness Month May 31 - National Senior Health and Fitness Day National Salad Month		<b>1</b>	<b>2</b> Cinco De Mayo Fiesta 	<b>3</b> Red Cedar Chamber Music Cinco De Mayo Fiesta 
<b>6</b>	<b>7</b> Cinco De Mayo Fiesta 	<b>8</b> May Birthday Celebration 	<b>9</b>	<b>10</b> Mercy Counseling presents: Sadness, Depression and Grief 
<b>13</b>	<b>14</b> May Birthday Celebration Pet Food Distribution Mercy Counseling presents: Sadness, Depression and Grief  	<b>15</b> Mercy Counseling presents: Sadness, Depression and Grief 	<b>16</b> Pet Food Distribution 	<b>17</b>
<b>20</b>	<b>21</b> Heritage Care Team Visit 	<b>22</b>	<b>23</b> Heritage Care Team Visit 	<b>24</b> 12:15 Generational Vaccine Campaign with Linn County Public Health 
<b>27</b>  Memorial Day	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> May Birthday Celebration Heritage Care Team Visit  

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