















**PRODUCT OF THE MONTH: *WHITE CAKE MIXES, AND butter***      **SUGGESTED CONTRIBUTION \$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

**660-376-3103**

**AUGUST 2019**

*\*Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Music most Thursdays Call 376-3103 <u>BINGO WITH PIONEER</u> <u>SECOND FRIDAY</u></p> <p><u>TIFFINY IN HOME BLOOD</u> <u>PRESSURE/BLOOD</u> <u>SUGAR TESTING FIRST</u> <u>FRIDAY</u></p>				<p>1. A-8</p> <p><u>MEATBALLS</u> SCALLOPED POTATOES GREEN BEANS WW BREAD PEARS/CAKE</p>	<p>2. A-3</p> <p><u>PORK RIBBI Q</u> <u>OM WW BUN</u> CORN/GREEN BEANS APPLE BRAN MUFFIN</p>	<p>SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30</p>
<p><u>Bingo with</u> <u>Tammie</u> <u>Henderson from</u> <u>life care center</u> <u>Third Wednesday</u></p>	<p>5. B-11 </p> <p><u>BACON</u> <u>CHEESEBURGER</u> WW BUN POTATO WEDGES WINTER MIX CAKE JUICE</p>	<p>6. CB-4</p> <p><u>CHICKEN STRIPS</u> POTATOES/GRAVY HARVARD BEETS WW BREAD APPLE CRISP</p>	<p>7. B-14 </p> <p><u>POLISH SAUSAGE</u> <u>KRAUT</u> CR. PEAS &amp; POTATOES WW BREAD RICE KRISPIES COOKIE FRUIT</p>	<p>8. B-17 </p> <p><u>SWISS STEAK WITH</u> TOMATOES/ONIONS BAKED POTATO WW BREAD CARROTS FRUIT COBBLER</p>	<p>9. C-5 </p> <p><u>TURKEY &amp; DRESSING</u> POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS PUMPKIN WHIP</p>	<p>ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI. DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO</p>
<p><b>EXERCISE</b> <b>CLASSES ON</b> <b>MONDAY AND</b> <b>THURSDAYS AT</b> <b>8:00</b></p>	<p>12. C-11 </p> <p><u>HAM</u> SWEET POTATOES CABBAGE WW BREAD PINEAPPLE CAKE</p>	<p>13. B-1 </p> <p><u>LASAGNA</u> LETTUCE SALAD CARROTS WW FRENCH BREAD FRUIT</p>	<p>14. B-5 </p> <p><u>SALISBURY STEAK</u> POTATOES/GRAVY SPINACH WW BREAD ORANGE JELLO FRUIT SALAD</p>	<p>15. A-7 </p> <p><u>PORK ROAST</u> POTATOES/GRAVY GREEN BEANS WW BREAD MIXED FRUIT</p>	<p>16. A-5 </p> <p><u>FISH FILLET</u> <u>BAKED BEANS</u> <u>COLE SLAW</u> <u>WG CORNBREAD</u> <u>FRUIT</u></p>	<p>Thank you for your product of the month donations!</p>
	<p>19. B-14 </p> <p><u>TENDERLOIN</u> <u>ON BUN</u> FRIES Brussel Sprouts COOKIES FRUIT</p>	<p>20. A-6 </p> <p><u>SPAGHETTI</u> <u>MEATSAUCE</u> CARROTS FRENCH BREAD PUDDING JUICE</p>	<p>21.  C-18</p> <p><u>ROAST BEEF</u> POTATOES/GRAVY BROCCOLI WW BREAD BREAD PUDDING</p>	<p>22. C-19</p> <p><u>BEEF &amp; NOODLES</u> BROCCOLI WW ROLL BANANA CAKE JUICE</p>	<p>23. D-10 </p> <p><u>BBQ PORK</u> <u>ON WW BUN</u> TATOR TOTS WINTER MIX APPLESAUCE PEANUTBUTTER PIE</p>	
	<p>26. A-4</p> <p><u>COUNTRY FRIED STEAK</u> POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING</p>	<p>27. A-2</p> <p><u>HAMBURGER CHOW</u> <u>MEIN / WW RICE</u> CARROTS WW BREAD FRUIT CAKE</p>	<p>28. C-3</p> <p><u>CHICKEN</u> POTATOES/GRAVY CALIF. BLEND WW BREAD APPLE CRISP JUICE</p>	<p>29. A-8</p> <p><u>MEATBALLS</u> SCALLOPED POTATOES GREEN BEANS WW BREAD PEARS/CAKE</p>	<p>30.  A-9</p> <p><u>CHICKEN PATTY</u> <u>ON WW BUN</u> TATOR TOTS SPINACH PUDDING JUICE</p>	<p><i>*8oz low-fat milk is offered at every meal</i></p>

