

FEBRUARY 2019

PRODUCT OF THE MONTH: *SUGAR AND OIL*

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

**Approved by: Rebecca C. Shinn*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: WITH PIONEER THE SECOND FRIDAY. BINGO WITH BRISTOL MANOR ON THE THIRD FRIDAY					1. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
	4. A-4 COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	5. D 10 BBQ PULLED PORK ON BUN TATOR TOTS WINTER MIX PEANUT BUTTER PIE JUICE	6. B-15 TACO SALAD TORTILLIA CHIPS SPANISH RICE BEANS SPINACH LETTUCE/TOMATOES WATERGATE SALAD	7. C-9 PORK ROAST POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD MIXED FRUIT	8. A-5 CHICKEN POT PIE W/ MIXED VEG. CORN WW BISCUIT COLE SLAW BANANA CAKE	ACTIVITY ROOM OPEN 7:30-2-00 MON.-FRI.
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00 <u><i>MUSIC ON MOST THURSDAYS WITH LEROY, AND FRIENDS</i></u>	11. C-11 HAM SWEET POTATOES GREEN BEANS WW BREAD BAKED APPLES ICE CREAM	12.. A-6 SPAGHETTI/MEAT SAUCE CARROTS FRENCH BREAD PUDDING JUICE	13. B-14 TENDERLOIN ON WW BUN FRENCH FRIES LETTUCE /TOMATO BROCCOLI BROWNIE/FRUIT	14. B-6 MEATLOAF BAKED POTATO CALIF. BLEND WW BREAD FRUIT MUFFIN	15. TURKEY& DRESSING POTATOES/GRAVY CRAMBERRY SAUCE WW BREAD GREEN BEANS FRUIT	Thank you for your product of the month donations!
	18. Closed for Presidents day	19. B-11 CHILI OR BEEF/ VEG. SOUP BROCCOLI WW CRACKERS FRUIT BRAN MUFFIN	20. A-7 PORK ROAST Au GRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	21. A-2 FRIED CHICKEN POTATOES/GRAVY CARROTS WW HOT ROLL FRUIT CRISP JUICE	22. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT	Tiffany In home services Providing blood pressure/blood sugar Clinic
BINGO WITH LIFECARE CENTER TAMMIE HENDERSON ON WEDNESDAY THE 27TH	25. A-4 SMOTHERED STEAK POTATOES/GRAVY BRUSSEL SPROUTS TOMATOES WW ROLL FRUIT	26. A-3 PORK RIB ON BUN CORN CASSEROLE GREEN BEANS APRICOTS COOKIE BAR	27. A-2 CHICKEN STRIPS POTATOES/GRAVY CARROTS WW BREAD APPLE CRISP	28. B-1 LASAGNA CARROTS FRENCH BREAD MIXED FRUIT	*8oz low-fat milk is offered at every meal	