











PRODUCT OF THE MONTH: VEGETABLE OIL AND BUTTER

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

FEBRUARY 2020

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103 <u>BINGO WITH PIONEER</u> <u>SECOND FRIDAY</u>	3.. A--9 CHICKEN FILLET ON WW BUN POTATO WEDGES PEA SALAD FRUIT/ICE CREAM	4. B-3  HAM & BEANS CARROTS WG CORNBREAD COLE SLAW FRUIT CRISP	5. D-19  CHICKEN POT PIE CORN WW ROLL LETTUCE SALAD PEARS	6. A-7  PORK ROAST/GRAVY AUGRATIN POTATOES GREEN BEANS WW BREAD PINEAPPLE	6. B-6 MEATLOAF BAKED POTATO WW BREAD BROCCOLI APPLE CAKE JUICE	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30 BLOOD SUGAR/PRESSURE First Friday OF EACH MONTH
	10. A-6  SPAGHETTI/MEAT SAUCE LETTUCE SALAD CARROTS WW FRENCH BREAD PUDDING/JUICE	11.. B-9 BEEF STEW BISCUIT APPLESAUCE OATMEAL COOKIE	12. B-4 ROTISERIE CHICKEN BAKED POTATOES GREEN BEANS WW BREAD PUMPKIN BAR/FRUIT	13. B-7  SAUSAGE GRAVY SCRAMBLED EGGS TATOR TOTS/SPINACH WW BISCUIT/ FRUIT	14. C-5  TURKEY & DRESSING POTATOES/GRAVY WW BREAD GREEN BEANS FRUIT JELLO	MON.-FRI. CARDS PLAYED DAILY DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO DOORS OPEN AT 7:30
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	17. D-6  CLOSED	18. A-2 FRIED CHICKEN POTATOES/GRAVY WINTER MIX WW BREAD FRUIT COBBLER	19 A-13 TACO SALAD SPANISH RICE SOUR CREAM TACO CHIPS/SHELLS FRUIT	20. C-18 ROAST BEEF POTATOES/GRAVY CARROTS WW BREAD FRUIT OATMEAL CAKE	21. A-5 FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD MIXED FRUIT	Thank you for your product of the month donations!
BINGO THIRD WEDNESDAY WITH TAMMIE @ LIFE CARE CENTER	24. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD PINEAPPLE CAKE	25. C-13 SWISS STEAK BAKED POTATO CABBAGE WW BREAD FRUIT	26. C-4  CHILI OR VEG SOUP WW CRACKERS HOMINY PEARS BROWNIE	27. A-4  SALISBURY STEAK POTATOES/GRAVY WW BREAD/TOMATOES BRUSSEL SPROUTS BANANA BAR	28 A-10 PORK CUTLETT NORMANDY WW ROLL HARVARD BEETS APPLESAUCE CAKE	*8oz low-fat milk is offered at every meal