

PRODUCT OF THE MONTH: FLOUR AND BUTTER







SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

JANUARY 2019

**Approved by: Rebecca C. Shinn*

2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103		1. Closed for New Year Day	2. B-20 BEEF STIR FRY CORN WW BREAD BAKED APPLES ICE CREAM	3. B-6 MEATLOAF BAKED POTATOES CALIFORNIA BLEND WW BREAD FRUIT MUFFINS	4. A-5 FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD Fruit CAKE	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
<u>BINGO WITH PIONEER</u> <u>SECOND FRIDAY</u> <u>BINGO WITH BRISTOL</u> <u>MANOR THE THIRD</u> <u>FRIDAY</u>	7. A-20 SAUSAGE GRAVY WW BISCUIT TOTS/SPINACH APPLESAUCE COOKIES	8. B-1 LASAGNA LETTUCE SALAD CARROTS FRENCH BREAD MIXED FRUIT	9. B-10 BEEF STROGANOFF PEAS SPINACH SALAD WW HOT ROLL FRUIT CINNAMON ROLLS	10. A-2 FRIED CHICKEN POTATOES/GRAVY GREEN BEANS WW BREAD APPLE CRISP	11.B-5 SALISBURY STEAK POTATOES/GRAVY BROCCOLI NORMANDY WW BREAD FRUIT	ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI. CARDS PLAYED DAILY DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	14. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD STRAWBERRY SHORTCAKE	15. A-7  POT ROAST POTATOES/GRAVY CARROTS WW BREAD BREAD PUDDING WITH RAISIN SAUCE JUICE	16. B-11  CHILI OR VEG. SOUP BROCCOLI WW CRACKERS FRUIT BRAN MUFFIN	17. A-8  CHICKEN & NOODLES PEAS & CARROTS HARVARD BEETS WW BREAD MIXED FRUIT	18. C-5  TURKEY & DRESSING POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS PUMPKIN PIE	Thank you for your product of the month donations!
MCCLARNEY MANOR & TIFFANYS HERE FIRST FRIDAY OF THE MONTH BP-BLOOD SUGAR/PHYSICAL THERAPY TESTING	21. A-4 COUNTRY FRIED STEAK POTATOES GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	22. D-10 BBQ PORK ON BUN TATOR TOTS WINTER MIX PEANUT BUTTER PIE JUICE	23. B-15 TACO SALAD TORTILLIA CHIPS SPANISH RICE SPINACH LETTUCE/TOMATOES WATERGATE SALAD	24.C-9 PORK ROAST POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD MIXED FRUIT	25. A-5 CHICKEN POT PIE CORN WW BISCUIT COLE SLAW BANANA CAKE	Check the Linn Co. leader for menus FIND US ON THE CITY OF MARCELINE WEBSITE.
	28. C-8 HAM & BEANS SPINACH WG CORNBREAD COLE SLAW JUICE FRUIT COBBLER	29. A6  SPAGHETTI/MEATSAUCE CARROTS FRENCH BREAD PUDDING JUICE	30. B-20 BEEF STIR FRY CORN WW BREAD BAKED APPLES ICE CREAM	31. B-6 MEATLOAF BAKED POTATOES CALIFORNIA BLEND WW BREAD FRUIT MUFFINS		*8oz low-fat milk is offered at every meal