

**PRODUCT OF THE MONTH: BUTTER AND FLOUR**

















**SUGGESTED CONTRIBUTION \$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

**660-376-3103**

**JULY 2018**

*\*Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103 <b><u>BINGO WITH PIONEER SECOND FRIDAY</u></b>	2. A-4  COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	3. A-8  MEAT BALLS Sc. Potatoes CARROTS WW BREAD PEARS CAKE	CLOSED 4 <sup>TH</sup> OF JULY	5. A-3  PORK RIB ON WW BUN CORN GREEN BEANS APPLE BANANA NUT MUFFINS	6. C-20 BEEF/ STIR FRY VEGETABLES RICE/CORN CARROTS WW BREAD STRAWBERRY SHORTCAKE	SERVING TIME:  SALAD BAR 11:00 HOT MEAL 11:30
<b><u>Bingo: Bristol Manor 3<sup>rd</sup> Friday.</u></b>	9. B-11 CHEESEBURGER ON WW BUN POTATO WEDGES WINTER MIX CAKE JUICE	10. CB-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	11. A-13  TACO SALAD Taco Meat LETTUCE/ TOMATOES SPANISH RICE/w Beans CHEESE,CHIPS FRUIT	12. B-17  SWISS STEAK WITH TOMATOES/ONIONS BAKED POTATO WW BREAD BROCCOLI NORMANDY FRUIT COBBLER	13. C-5  TURKEY & DRESSING POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS FRUIT	ACTIVITY ROOM OPEN 7:30-2-00 MON.-FRI.  DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO
<b>EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00</b>	16. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD PINEAPPLE CAKE	17. A-2.  BBQ CHICKEN POTATO SALAD WINTER MIX WW BREAD FRUIT CRISP JUICE	18. B-5  SALISBURY STEAK POTATOES/GRAVY CORN/SPINACH WW BREAD ORANGE JELLO FRUIT SALAD	19. C-18  ROAST BEEF POTATOES/GRAVY CARROTS WW BREAD FRUIT BREAD PUDDING	20. A-5  FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD WATERMELON	Thank you for your product of the month donations!
	23. A-9 CHICKEN PATTY ON WW BUN TATOR TOTS SPINACH PUDDING JUICE	24. B-1  LASAGNA HOMINY LETTUCE SALAD CARROTS WW FRENCH BREAD FRUIT	25. B-14  POLISH SAUSAGE KRAUT/CREAMED PEAS & POTATOES WW BREAD COOKIES FRUIT	26. A-7  PORK ROAST AUGRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	27. D-10  BBQ PORK ON WW BUN CHEESY POTATOES WINTER MIX APPLESAUCE PEANUTBUTTER PIE	Tiffany In home services Providing blood pressure/blood sugar Clinic. Strength test by McClarney Manor. THE FIRST FRIDAY OF EACH MONTH.
	30. A-4 COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	31. A-8  MEAT BALLS Sc. Potatoes CARROTS WW BREAD PEARS CAKE			29.	*8oz low-fat milk is offered at every meal

