

JULY 2017












PRODUCT OF THE MONTH: *OIL AND BUTTER*

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

APPROVED BY: *Rebecca C. Shinn RD, LD*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: WITH PIONEER THE FIRST FRIDAY.	3. A-4 COUNTRY FRIED STEAK  POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES BANANA PUDDING DESSERT	CLOSED 4 TH OF JULY	5. C-5 CHICKEN STRIPS POTATOES/GRAVY CARROTS WW BREAD MANDARIN ORANGE JELLO SALAD	6. A-3  PORK RIB ON WW BUN FRENCH FRIES CORN/MAC& CHEESE GREEN BEANS CAKE/JUICE	7. B-10 FISH FILLET or SALMON PATTY BAKED BEANS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
	10. C-11  HAM SWEET POTATOES GREEN BEANS WW HOT ROLL STRAWBERRY SHORTCAKE JUICE	11. C-14 CHICKEN POTATOES/GRAVY CABBAGE BEETS WW HOT ROLL FRUIT	12.  D-10 MEATBALLS SC. POTATOES CARROTS C-16 WW BREAD PEARS BRAN MUFFINS	13. A-7 PORK ROAST POTATOES/GRAVY GREEN BEANS WW BREAD FRUIT	14. A-15 TENDERLOIN ON WW BUN W/ LETTUCE & TOMATO POTATO WEDGES BROCCOLI FRUIT BROWNIE	ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI.
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	17.  D-7 BBQ PORK ON WW BUN TATOR TOTS CORN BEAN SALAD MIXED FRUIT	18.  A-5 TURKEY POT PIE CORN WW BISCUIT COLE SLAW APPLESAUCE CHOCOLATE CAKE	19. A-7 ROAST BEEF POTATOES/GRAVY GREEN BEANS CUCUMBERS/ONIONS WW ROLL BREAD PUDDING	20. A-13  ENCHALADES SPANISH RICE CALIF BLEND WW TORTILLIA CHIPS FRUIT COOKIES	21. C-14 CREAMED TURKEY NOODLES PEAS C-14 BEETS WW BREAD FRUIT SALAD	
MARCELINE FAMILY HEALTH CLINIC TO BE ANNOUNCED	24. A-10  PORK CUTLETT AUGRATIN POTATOES MIXED VEGETABLES WW BREAD CAKE JUICE	25. C-3 CHICKEN OR HOT WINGS BAKED POTATOES PEAS CARROTS HOT ROLL FRUIT SALAD	26. B-1  LASAGNA LETTUCE SALAD BROCCOLI APPLESAUCE WW FRENCH BREAD MIXED FRUIT	27. C-5 TURKEY & DRESSING POTATOES/GRAVY GREEN BEANS CRANBERRY SAUCE MELON	28. A-15  HAMBURGER ON WW BUN W/ LETTUCE & TOMATO TATOR TOTS BRUSSEL SPROUTS TROPICAL FRUIT	Thank you for your product of the month donations!
	31. A-3  COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES A-4 BANANA PUDDING DESSERT					