

PRODUCT OF THE MONTH: *FLOUR AND OIL*










SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

June 2019

*\*Approved by: Rebecca C. Shinn*

| 2019   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
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| <b><u>BINGO: WITH PIONEER THE SECOND FRIDAY.</u></b>                             | 3 A-8 <br><b><u>MEAT BALLS</u></b><br>Sc. Potatoes<br>BRUSSEL SPROUTS<br>WW BREAD<br>PEARS  | 4. A-13 <br><b>TACO SALAD</b><br>LETTUCE/TOMATOES<br>SPANISH RICE<br>WW TORTILLIAS<br>SOUR CREAM<br>CITRUS FRUIT | 5. A-6<br><b><u>SPAGHETTI/MEATSAUCE</u></b><br>CARROTS<br>FRENCH BREAD<br>PUDDING<br>JUICE   | 6. C-3<br><b>FRIED CHICKEN</b><br>POTATOES/GRAVY<br>CARROTS<br>WG BREAD<br>APPLE CRISP<br>JUICE  | 7. C-17<br><b>BEEF &amp; NOODLES</b><br>BROCCOLI/CAULIFLOWER<br>WW BREAD<br>BANANA CAKE<br>FRUIT   | Tiffany In home services<br>Providing blood pressure/blood sugar Clinic/and strength training THE FIRST FRIDAY OF EACH MONTH. |
|  | 10. B-11<br><b>SAUSAGE GRAVY</b><br>SCRAMBLED EGGS<br>TATOR TOTS<br>WW BISCUIT<br>FRUIT  | 11. CB-4<br><b>CHICKEN STRIPS</b><br>POTATOES/GRAVY<br>GREEN BEANS<br>WW BREAD<br>STRAWBERRY<br>SHORTCAKE   | 12. C-14<br><b>BEEF STROGANOFF</b><br>PEAS & CARROTS<br>HARVARD BEETS<br>WW BREAD<br>FRUIT   | 13. B-17<br><b>SWISS STEAK WITH</b><br>TOMATOES/ONIONS<br>BAKED POTATO<br>WW BREAD<br>Broccoli Normandy<br>Fruit Cobbler   | 14. B-2<br><b>TENDERLOIN ON BUN</b><br>TOTS<br>SPINACH SALAD<br>APPLES<br>JUICE  | ACTIVITY ROOM OPEN 7:30-2-00 MON.-FRI.<br><br>DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO                                     |
| <b>EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00</b>                          | 17. . C-11 <br><b>HAM</b><br>SWEET POTATOES<br>WW BREAD<br>WINTER MIX<br>PINEAPPLE CAKE     | 18. A-2. <br><b>CHICKEN &amp; NOODLES</b><br>BROCCOLI<br>WW BREAD<br>FRUIT CRISP<br>JUICE                        | 19. B-5 <br><b>SALISBURY STEAK</b><br>POTATOES/GRAVY<br>SPINACH<br>WW BREAD<br>ORANGE JELLO<br>FRUIT SALAD | 20. C-18 <br><b>ROAST BEEF</b><br>POTATOES/GRAVY<br>CARROTS<br>WW BREAD<br>FRUIT<br>BREAD PUDDING WITH RAISIN SAUCE | 21. A-5 <br><b>FISH FILLET</b><br>BAKED BEANS<br>COLE SLAW<br>WG CORNBREAD<br>FRUIT       | Thank you for your product of the month donations!  |
| <b>Bingo: with Tammie Henderson from life care center every Third Wednesday.</b> | 24 B-14 <br><b>POLISH SAUSAGE</b><br>CREAMED PEAS & POTATOES<br>WW BREAD<br>FRUIT/COOKIES | 25. . A-4<br><b>COUNTRY FRIED STEAK</b><br>POTATOES/GRAVY<br>CABBAGE<br>WW BREAD<br>FRUIT PUDDING   | 26. A-16<br><b>CHICKEN SALAD ON WW BUN/ CHIPS</b><br>BEAN SALAD<br>CUCUMBERS & ONIONS<br>MELON   | 27. A-9<br><b>BBQ CHICKEN</b><br>BAKED POTATO<br>STEWED TOMATOES<br>MIXED BERRIES<br>WW BREAD<br>ICE CREAM   | 28. <br>B-10<br><b>FISH FILLET</b><br>BAKED BEANS<br>COLE SLAW<br>WW CORNBREAD<br>FRUIT | 1 cup low fat milk offered at every meal  |
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