

MARCH 2018












PRODUCT OF THE MONTH: *CAKE MIXES, AND OIL*

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

**Approved by: Rebecca C. Shinn*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>BINGO: WITH PIONEER THE FIRST FRIDAY.</u>				1. A-7 PORK ROAST Au GRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	2. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
<u>MARCH 16 BINGO WITH BRISTOL MANOR</u>	5. A-4 COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING 	6. A-6  SPAGHETTI/MEAT SAUCE LETTUCE SALAD BRUSSEL SPROUTS FRENCH BREAD MOUSSE JUICE	7. A-2 CHICKEN POTATOES/GRAVY CARROTS WW BREAD APPLE CRISP	8. A-7 ROAST BEEF POTATOES/GRAVY GREEN BEANS WW ROLL APPLE	9. C-14  CHICKEN & NOODLES BROCCOLI BEETS WW BREAD FRUIT	ACTIVITY ROOM OPEN 7:30-2-00 MON.-FRI.
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	12. B-7 SAUSAGE & GRAVY TATOR TOTS SPINACH WW BISCUIT FRUIT 	13. C-5 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	14. B-9  BEEF STEW Vegetables APPLESAUCE WW BISCUIT OATMEAL COOKIE	15. B-11 CHEESEBURGER ON BUN POTATOE WEDGES WINTER MIX JUICE CAKE	16. A-10 PORK CUTLETT  AUGRATIN POTATOES CORN WW BREAD GREEN BEANS FRUIT JELLO	Thank you for your product of the month donations!
	19. HAM SWEET POTATOES WW BREAD WINTER MIX PINEAPPLE CAKE JUICE 	20. C-8.  HAM & BEANS WG CORNBREAD COLESLAW FRUIT COBBLER JUICE	21. B-6 MEATLOAF BAKED POTATO CALIF. BLEND WW BREAD FRUIT MUFFIN	22. C-14  BBQ CHICKEN SCALLOPED POTATOES CARROTS WW HOT ROLL FRUIT CRISP JUICE	23. B-11  BEEF/ VEG. SOUP BROCCOLI WW CRACKERS FRUIT CINNAMON ROLL	Tiffany In home services Providing blood pressure/blood sugar Clinic/and strength training THE FIRST FRIDAY OF EACH MONTH
	26. A-4 SMOTHERED STEAK POTATOES/GRAVY BRUSSEL SPROUTS TOMATOES WW ROLL FRUIT	27. TENDERLOIN ON WW BUN POTATO WEDGES LETTUCE /TOMATO BROCCOLI BROWNIE/FRUIT	28. A-5 TURKEY POT PIE  CORN WW BISCUIT COLE SLAW APPLESAUCE CAKE	29. A-7 PORK ROAST Au GRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	30. CLOSED GOOD FRIDAY	*8oz low-fat milk is offered at every meal