

MARCH 2019











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 RD, LD 2.18.19

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| BINGO WITH PIONEER THE SECOND FRIDAY BINGO WITH BRISTOL MANOR ON THE THIRD FRIDAY | | | | | 1. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT | SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30 |
| | 4. A-4  COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD BREADED TOMATOES FRUIT PUDDING | 5. D 10  BBQ PULLED PORK ON WW BUN TATOR TOTS WINTER MIX COOKIE JUICE | 6. B-9 BEEF STEW STEW VEGETABLES WW BISCUIT HOMINY APPLESAUCE RAISIN CAKE | 7. C-9 PORK ROAST POTATOES/GRAVY BRUSSEL SPROUTS WW ROLL MIXED FRUIT | 8. A-5  CHICKEN POT PIE W/ MIXED VEG. CORN WW BISCUIT BROCCOLI BANANA CAKE | ACTIVITY ROOM OPEN 7:30-2-00 MON.-FRI. |
| EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00 MUSIC ON MOST THURSDAYS WITH LEROY, AND FRIENDS | 11. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD BAKED APPLES ICE CREAM | 12.. A-6  SPAGHETTI/MEAT SAUCE CARROTS WW FRENCH BREAD PUDDING JUICE | 13. B-14 TENDERLOIN ON WW BUN FRENCH FRIES LETTUCE /TOMATO BROCCOLI BROWNIE FRUIT | 14. B-6 MEATLOAF BAKED POTATO CALIFORNIA BLEND WW BREAD FRUIT MUFFIN | 15.  TURKEY & DRESSING POTATOES/GRAVY CRAMBERRY SAUCE WW ROLL GREEN BEANS FRUIT | Thank you for your product of the month donations! |
| | 18. C-8  HAM & BEANS WW CORNBREAD SPINACH FRUIT COBBLER JUICE | 19. B-11  CHILI OR BEEF/ VEG. SOUP BROCCOLI WW CRACKERS FRUIT BRAN MUFFIN | 20. A-7 PORK ROAST SCALLOPED POTATOES GREEN BEANS WW BREAD FRUIT SALAD | 21. A-2 FRIED CHICKEN POTATOES/GRAVY CARROTS WW BREAD FRUIT CRISP JUICE | 22. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT | Tiffany In-Home Services are providing blood pressure/blood sugar clinic FIRST FRIDAY |
| | 25. A-4 SMOTHERED STEAK POTATOES/GRAVY BRUSSEL STEWED TOMATOES WW BREAD FRUIT | 26. A-3  PORK RIB ON WW BUN CORN CASSEROLE GREEN BEANS APRICOTS COOKIE BAR | 27. B-1  LASAGNA CARROTS WW FRENCH BREAD MIXED FRUIT | 28 A-2 CHICKEN STRIPS POTATOES/GRAVY PEAS WW BREAD APPLE CRISP | 29. A-15 HAMBURGER ON WW BUN LETTUCE, PICKLES, TOMATOES FRIES BROCCOLI CAKE FRUIT | |

All meals offer 8 fluid ounces (1 cup) of low-fat milk and at least 1 ounce of whole grains.