

PRODUCT OF THE MONTH: FLOUR AND OIL








SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

MAY 2019

**Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>BINGO: WITH PIONEER THE FIRST FRIDAY.</u>			1. A-16 <u>CHICKEN SALAD ON WW BUN/ CHIPS</u> BEAN SALAD CUCUMBERS & ONIONS MELON	2. A-9 <u>BBQ CHICKEN</u> BAKED POTATO STEWED TOMATOES MIXED BERRIES WW BREAD ICE CREAM	3. B-10 <u>FISH FILLET</u> BAKED BEANS COLE SLAW WW CORNBREAD FRUIT	Tiffany In home services Providing blood pressure/blood sugar Clinic/and strength training THE FIRST FRIDAY OF EACH MONTH.
	6. A-8  <u>MEAT BALLS</u> Sc. Potatoes BRUSSEL SPROUTS WW BREAD PEARS	7. A-19 <u>CHICKEN PARMESAN</u> <u>PARSLEY POTATOES</u> GREEN BEANS WW BREAD APPLESAUCE	8. A-6 <u>SPAGHETTI/MEATSAUCE</u> CARROTS FRENCH BREAD PUDDING JUICE	9. C-3 <u>FRIED CHICKEN</u> POTATOES/GRAVY CARROTS WG BREAD APPLE CRISP JUICE	10. C-17 <u>BEEF & NOODLES</u> BROCCOLI/CAULIFLOWER WW BREAD BANANA CAKE FRUIT	ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI. DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	13. B-11 <u>SAUSAGE GRAVY</u>  SCRAMBLED EGGS TATOR TOTS WW BISCUIT FRUIT	14. CB-4 <u>CHICKEN STRIPS</u> POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	15. C-14 <u>BEEF STROGANOFF</u> PEAS & CARROTS HARVARD BEETS WW BREAD FRUIT	16. B-17 <u>SWISS STEAK WITH</u> <u>TOMATOES/ONIONS</u> BAKED POTATO WW BREAD Broccoli Normandy Fruit Cobbler	17. B-2 TENDERLOIN ON BUN TOTS SPINACH SALAD APPLES JUICE	Thank you for your product of the month donations!
	20. C-11  <u>HAM</u> SWEET POTATOES WW BREAD WINTER MIX PINEAPPLE CAKE	21. A-2.  <u>CHICKEN & NOODLES</u> BROCCOLI WW BREAD FRUIT CRISP JUICE	22. B-5  <u>SALISBURY STEAK</u> POTATOES/GRAVY SPINACH WW BREAD ORANGE JELLO FRUIT SALAD	23. C-18  <u>ROAST BEEF</u> POTATOES/GRAVY CARROTS WW BREAD FRUIT BREAD PUDDING WITH RAISIN SAUCE	24. A-5  <u>FISH FILLET</u> BAKED BEANS COLE SLAW WG CORNBREAD FRUIT	
	27. CLOSED FOR MEMORIAL DAY	28. A-4 <u>COUNTRY FRIED STEAK</u> POTATOES/GRAVY CABBAGE WW BREAD FRUIT PUDDING	29. A-16 <u>CHICKEN SALAD ON WW BUN/ CHIPS</u> BEAN SALAD CUCUMBERS & ONIONS MELON	30 A-7 <u>PORK ROAST</u> Au GRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	31. A-5 <u>CHICKEN POT PIE</u> CORN WW BISCUIT COLE SLAW APPLESAUCE CAKE	*8oz low-fat milk is offered at every meal