















**PRODUCT OF THE MONTH: SUGAR & DRY MILK**

**March 2017**

**SUGGESTED CONTRIBUTION \$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

**660-376-3103**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: <u>HERE</u> WITH PIONEER THE FIRST FRIDAY OF EACH MONTH			1.  B-15 TACO SALAD SPANISH RICE SPINACH/CORN LETTUCE TOMATOES PISTACHIO PUDDING	2. C-11  CHICKEN FILLET ON BUN CHEESY POTATOES PEAS/CARROTS LEMON COOKIE JUICE	3. A-4  COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES SHERBET	Activity Room open at 7:30
LINE DANCING ON MONDAY AFTERNOON	6. A-20 SAUSAGE GRAVY/BISCUIT TATOR TOTS GREEN BEANS FRUIT	7. B-9 CHICKEN BAKED POTATO CALIF. BLEND WW BREAD FRUIT	8. A-2 BEEF STEW APPLESAUCE WW BREAD OATMEAL CAKE JUICE	9. C-5  TURKEY & DRESSING POTATOES/GRAVY GREEN BEANS CRANBERRY SAUCE WW BREAD PUMPKIN CAKE	10.  B-14 POLISH SAUSAGE/KRAUT CREAMED PEAS & POTATOES BREAD FRUIT COBBLER	<u>SALAD BAR</u> @ 11:00 <u>hot meal</u> 11:30-12:30
EXERCISE CLASSES ON MONDAY AND THURSDAYS 8:00 A.M.	13.  B-1 Lasagna Carrots Lettuce Salad FRENCH BREAD COOKIE/FRUIT	14. B-20 BEEF STIR FRY/RICE SPINACH WW BREAD BAKED APPLES ICE CREAM	15. A-7 ROAST BEEF POTATOES/GRAVY GREEN BEANS WW. BREAD FRUIT PUDDING	16.  C-14 CHICKEN & NOODLES BROCCOLI CORN WW BREAD FRUIT SALAD	17.  D-17 SAVORY CHICKEN RICE PEAS/CARROTS ROLL BREAD PUDDING WITH RAISIN SAUCE	Your product of the month donations help us keep our meal costs down.
	20.  B-11 CHILI/CRACKERS OR POTATO SOUP CARROTS FRUIT LEMON COOKIE	21. C-3 ROTISERRIE CHICKEN POTATOES/GRAVY GREEN BEANS WW BREAD FRUIT	22. C-9  TURKEY TETRAZINI CARROTS/PEAS BREAD FRUIT CRISP	23. C-9 PORK ROAST POTATOES/GRAVY BRUSSEL SPROUTS BREAD FRUIT SALAD	24. A-5  FISH FILLET CORN CASSEROLE COLE SLAW CORNBREAD FRUIT	Thank you for your support of the program. Salad Bar served daily as a courtesy. It is not part of the RDA meal requirement.
	27. C-8  HAM & BEANS CORNBREAD COLESLAW JUICE C-8 FRUIT COBBLER	28. B-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS BREAD FRUIT	29. B-15 TACO SALAD SPANISH RICE SPINACH/CORN LETTUCE/TOMATOES PISTACHIO PUDDING	30. C-11  CHICKEN FILLET ON BUN CHEESY POTATOES PEAS/CARROTS LEMON COOKIE JUICE	31.  A-4 COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES SHERBET	Suggested contribution for over 60 participants is \$3.00. Our cost to prepare meal \$6.65