








NOVEMBER 2017

PRODUCT OF THE MONTH: *CAKE MIXES AND OIL*

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: WITH PIONEER THE FIRST FRIDAY.			1. B-11  CHILI OR VEG. SOUP BROCCOLI WW CRACKERS FRUIT WW MUFFIN	2.  A-5 TURKEY POT PIE CORN WW BISCUIT COLE SLAW APPLESAUCE CAKE	3. B-10 FISH FILLET TOTS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
MUSIC WITH TED AND DONNA Sunday Afternoon. Bring snacks. DANCE 2:00-4:00	6. A-4 COUNTRY FRIED STEAK POTATOES/GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	7. A-6  SPAGHETTI/MEAT SAUCE LETTUCE SALAD BRUSSEL SPROUTS FRENCH BREAD MOUSSE JUICE	8. C-14 CHICKEN POTATOES/GRAVY CARROTS WW HOT ROLL FRUIT CRISP JUICE	9. A-15 TENDERLOIN ON WW BUN POTATO WEDGES LETTUCE /TOMATO BROCCOLI BROWNIE/FRUIT	10. 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	13. B-7 SAUSAGE GRAVY TATOR TOTS SPINACH WW BISCUIT FRUIT	14. C-5 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	15. A-15 HAMBURGER ON WW BUN POTATOES CALIF. BLEND TROPICAL FRUIT	16. C-8  HAM & BEANS CORNBREAD COLESLAW FRUIT COBBLER JUICE	17.  C-5 TURKEY & DRESSING POTATOES/GRAVY GREEN BEANS CRANBERRY SAUCE WW BREAD PUMPKIN PIE	
MARCELINE FAMILY HEALTH CLINIC TO BE ANNOUNCED	20. C-11  HAM SWEET POTATOES WINTER MIX PINEAPPLE CAKE JUICE	21. A-7 ROAST BEEF POTATOES/GRAVY GREEN BEANS WW ROLL APPLE BREAD PUDDING	22. B-6 MEATLOAF BAKED POTATO CALIF. BLEND WW BREAD FRUIT MUFFIN	23 CLOSED	24. CLOSED	Thank you for your product of the month donations!
	27. C-11 DELI & CHEESE HOAGIE CHEESY POTATOES PEAS/CARROTS LEMON COOKIE JUICE	28. A-2 CHICKEN POTATOES/GRAVY GREEN BEANS WW BREAD APPLE CRISP	29. A-7 PORK ROAST AuGRATIN POTATOES BRUSSEL SPROUTS WW BREAD FRUIT SALAD	30.B-14 POLISH SAUSAGE KRAUT CREAMED PEAS/POTATOES WW BREAD FRUIT/COOKIE		

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