

PRODUCT OF THE MONTH: SUGAR AND BUTTER









SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

NOVEMBER 2018

**Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103				1. B-17  SWISS STEAK WITH TOMATOES/ONIONS BAKED POTATO WW BREAD BROCCOLI NORMANDY FRUIT COBBLER	2. A-5 FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
<u>BINGO WITH PIONEER SECOND FRIDAY</u> <u>BINGO WITH BRISTOL MANOR THE THIRD FRIDAY</u>	5. A-9 CHICKEN PATTY ON WW BUN TATOR TOTS SPINACH PUDDING JUICE	6. C-8 HAM & BEANS SPINACH WG CORNBREAD COLE SLAW JUICE FRUIT COBBLER	7. CB-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	8. B-5  SALISBURY STEAK POTATOES/GRAVY CORN/SPINACH WW BREAD ORANGE JELLO FRUIT SALAD	9 B-11 CHEESEBURGER ON WW BUN POTATO WEDGES WINTER MIX CAKE/JUICE	ACTIVITY ROOM OPEN 7:30-2:00 MON.-FRI. CARDS PLAYED DAILY DAILY MENU ANNOUNCED MORNINGS ON 99.1 RADIO
EXERCISE CLASSES ON MONDAY AND THURSDAYS AT 8:00	12. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD PINEAPPLE CAKE	13. A-7  PORK ROAST POTATOES/GRAVY GREEN BEANS WW BREAD MIXED FRUIT	14. B-14 TENDERLOIN ON WW BUN CREAMED PEAS & POTATOES Brussel Sprouts WW BREAD COOKIE/FRUIT	15. A-8  CHICKEN ENCHALADES PEAS BROCCOLI PEARS WW APPLESAUCE CAKE	16. C-5  TURKEY& DRESSING POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS FRUIT	Thank you for your product of the month donations!
MCCLARNEY MANOR & TIFFANYS HERE FIRST FRIDAY OF THE MONTH BP-BLOOD SUGAR/PHYSICAL THERAPY TESTING	19. A-3 PORK RIB ON WW BUN CORN GREEN BEANS APPLE BANANA NUT MUFFINS	20. C-18 ROAST BEEF POTATOES GRAVY CARROTS WW BREAD FRUIT BREAD PUDDING	21. C-3 ROTISERIE CHICKEN HOMINY CALIF. BLEND WW BREAD APPLE CRISP JUICE	22. CLOSED	23. CLOSED	Check the Linn Co. leader for menus FIND US ON THE CITY OF MARCELINE WEBSITE.
	26. A-4 COUNTRY FRIED STEAK POTATOES GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	27. . D10 BBQ PORK ON WW BUN TATOR TOTS WINTER MIX JUICE PEANUT BUTTER PIE	28. B-9. BEEF WITH STEW VEGETABLES BISCUITS CORN WG OATMEAL RAISIN COOKIES JUICE	29. B-17  SWISS STEAK WITH TOMATOES/ONIONS BAKED POTATO WW BREAD BROCCOLI NORMANDY FRUIT COBBLER	30. A-5  FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD FRUIT	*8oz low-fat milk is offered at every meal

