












PRODUCT OF THE MONTH: CAKE MIXES/BUTTER **OCTOBER 2017**

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BINGO: SPONSORED BY PIONEER FIRST FRIDAY	2. c-8  HAM AND BEANS CORNBREAD COLESLAW JUICE FRUIT COBBLER	3.  B-20 SAVORY CHICKEN/RICE WINTER MIX WW BREAD BEETS FRUIT SALAD	4. c-17  CHICKEN TETRAZZINI CARROTS PEAS WW BREAD COOKIE/FRUIT	5.  A-4 COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES FRUIT PUDDING	6. B-11  Chili/Veg. soup WW CRACKERS PEARS CINNAMON ROLLS	ACTIVITY ROOM OPEN AT 7:30. MON-FRI.
	9. PORK CUTLETT A-10 AUGRATIN POTATOES CORN WW BREAD GREEN BEANS FRUIT SALAD	10. A-2 CHICKEN BAKED POTATO PEAS CARROTS WW BREAD PINEAPPLE CAKE	11. A-15 HAMBURGER ON WW BUN POTATOES CALIF. BLEND TROPICAL FRUIT	12. A-13 MEXICAN CASSEROLE CORN LETTUCE/TOMATOES WW TORTILLIAS SPANISH RICE FRUIT	13.  C-5 TURKEY & DRESSING CRANBERRY SAUCE POTATOES/GRAVY GREEN BEANS WW HOT ROLL PUMPKIN DESSERT	THANK YOU FOR YOUR PRODUCT OF THE MONTH DONATIONS
EXERCISE CLASSES ON MONDAY AND THURSDAYS	16.  HAM A-11 SWEET POTATOES COLE SLAW WW BREAD MIXED FRUIT	17. B-1 LASAGNA  HOMINY LETTUCE SALAD CARROTS FRENCH BREAD FRUIT	18. B-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	19. C-14 CHICKEN & NOODLES BROCCOLI BUTTERED BEETS WW BREAD FRUIT SALAD	20. A-15  TENDERLOIN/BUN POTATO WEDGES LETTUCE/TOMATO BROCCOLI SALAD BROWNIE FRUIT	SALAD BAR out AT 11:00. Hot meal served at 11:30
Music by Larry, Dutch, and Shirley every Tuesday.	23. B-7  SAUSAGE GRAVY TOTS JUICE BISCUIT FRUIT	24. C-3 CHICKEN POTATOES/GRAVY CARROTS BREAD FRUIT CRISP JUICE	25. B-9  BEEF STEW APPLESAUCE BISCUIT OATMEAL COOKIE	26. A-3 PORK RIB ON WW BUN CORN CASSEROLE GREEN BEANS FRUIT/CAKE	27. B-10 FISH FILLET BAKED BEANS COLE SLAW WW CORNBREAD FRUIT/CAKE	Menu now on the MARCELINE CITY WEBSITE AND PRINTED IN the LINN CO. SHOPPER
	30. C-8 HAM AND BEANS CORNBREAD COLESLAW JUICE FRUIT COBBLER	31. B-20 SAVORY CHICKEN AND RICE WINTER MIX WW BREAD BEETS FRUIT SALAD				

