

PRODUCT OF THE MONTH: WHITE OR YELLOW CAKE MIXES, AND OIL









SUGGESTED CONTRIBUTION \$3.00 PER MEAL

MARCELINE NUTRITION CENTER

660-376-3103

OCTOBER 2018

**Approved by: Rebecca C. Shinn*

2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Music most Thursdays Call 376-3103 <u>BINGO WITH PIONEER</u> <u>SECOND FRIDAY</u> <u>BINGO WITH BRISTOL</u> <u>MANOR THE THIRD</u> <u>FRIDAY</u>	1. A-4 COUNTRY FRIED STEAK POTATOES GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	2. CB-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	3. B-9 BEEF WITH STEW VEGETABLES BISCUITS CORN WG OATMEAL RAISIN COOKIES	4. B-17  SWISS STEAK WITH TOMATOES/ONIONS BAKED POTATO WW BREAD BROCCOLI NORMANDY FRUIT COBBLER	5. A-5  FISH FILLET BAKED BEANS COLE SLAW WG CORNBREAD FRUIT	SERVING TIME: SALAD BAR 11:00 HOT MEAL 11:30
	8. A-9 CHICKEN PATTY ON WW BUN TATOR TOTS SPINACH PUDDING JUICE	9. A-7  PORK ROAST POTATOES/GRAVY GREEN BEANS WW BREAD MIXED FRUIT	10. B-14 TENDERLOIN ON WW BUN CREAMED PEAS & POTATOES Brussel Sprouts WW BREAD COOKIE? FRUIR	11. B-5  SALISBURY STEAK POTATOES/GRAVY CORN/SPINACH WW BREAD ORANGE JELLO FRUIT SALAD	12. 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	15. C-11  HAM SWEET POTATOES GREEN BEANS WW BREAD PINEAPPLE CAKE	16. C-8 HAM & BEANS SPINACH WG CORNBREAD COLE SLAW JUICE FRUIT COBBLER	17 D10 BBQ PORK ON WW BUN TATOR TOTS WINTER MIX JUICE PEANUT BUTTER PIE	18. A-8  MEAT BALLS Sc. Potatoes BROCCOLI WW BREAD PEARS/CAKE	19. C-5  TURKEY & DRESSING POTATOES/GRAVY CRANBERRY SAUCE WW BREAD GREEN BEANS FRUIT	Thank you for your product of the month donations!
	22. A-3  PORK RIB ON WW BUN CORN GREEN BEANS APPLE BANANA NUT MUFFINS	23. C-18 ROAST BEEF POTATOES GRAVY CARROTS WW BREAD FRUIT BREAD PUDDING	24. C-3 ROTISERIE CHICKEN HOMINY CALIF. BLEND WW BREAD APPLE CRISP JUICE	25. A-10 PORK SMOTHERED IN MUSHROOM GRAVY BAKED POTATO GREEN BEANS WW BREAD OATMEAL RAISIN COOKIES/JUICE	26. SAVORY CHICKEN WITH PEPPERS, ONIONS & TOMATOES/RICE WINTER MIX BEETS WW BREAD AMBROSIA	Check the Linn Co. leader for menus
	29. A-4 COUNTRY FRIED STEAK POTATOES GRAVY CABBAGE WW BREAD TOMATOES FRUIT PUDDING	30. . CB-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	31. BEEF WITH STEW VEGETABLES BISCUITS CORN WG OATMEAL RAISIN COOKIES			*8oz low-fat milk is offered at every meal