

PRODUCT OF THE MONTH: BUTTER AND OIL

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

660-376-3103

MARCELINE NUTRITION CENTER

OCTOBER 2023

Approved by Young at Heart Resources,

Nutrition Project Director:

ACTIVITIES	Monday	Tuesday	Wednesday	Thursday	Friday	ACTIVITIES
Marceline Nutrition Center 229 W Hauser Marceline, MO 64658	2. B-7 SAUSAGE GRAVY WW BISCUIT TATOR TOTS SPINACH FRUIT	3. A-10 CHICKEN STRIPS CORN CASSEROLE CALIFORNIA BLEND BREAD FRUIT	4. B-12 TENDERLOIN/WW BUN FRENCH FRIES CARROTS LETTUCE/TOMATO/ ONION BANANA DELIGHT FRUIT	5. B-14 SPAGHETTI/MEAT SAUCE LETTUCE SALAD FRENCH BREAD PUDDING FRUIT	6. 12. A-5 FISH FILLET BAKED BEANS COLESLAW WW CORNBREAD MIXED FRUIT	SERVING TIME: CARRY OUT 11:00 - Please call ahead to reserve EAT IN - 11:30
	9. CLOSED	10. A-7 PORK ROAST SCALLOPED POTATO CARROTS WW BREAD FRUIT	11. D-19 CHICKEN POT PIE BISCUIT CORN LETTUCE SALAD FIVE CUP FRUIT SALAD	12. C-18 ROAST BEEF POTATOES/GRAVY SPINACH WW BREAD FRUIT	13. B-9 BEEF WITH STEW VEGETABLES BROCCOLI CORN BREAD APPLESAUCE COOKIES	
For daily menu listen to "Big Erv" on KDWD 99.1 weekdays between 8:00-8:15 am	16. B-11 BEEF CUTLETT POTATOES/GRAVY GREEN BEANS WW BREAD FRUIT SALAD	17. C-4 CHILI / VEG. SOUP WW CRACKERS PEA SALAD MIXED FRUIT BROWNIE	18. A-5 COUNTRY FRIED STEAK POTATOES/GRAVY WW ROLL BROCCOLI APPLESAUCE	19. B-7 PORK STIR FRY VEGETABLE CORN BREAD FRUIT COBBLER	20. B-1 BEEF GOULASH SPINACH FRENCH BREAD PLUMS JUICE	Benefit Counselor Wed. October 4th
	23. C-8 HAM & BEANS COLE SLAW CORNBREAD JUICE FRUIT COBBLER	24. A-7 PULLED PORK ON WW BUN TATOR TOTS GREEN BEANS CUCUMBERS/ONIONS PINEAPPLE	25. B-15 BEEF LASAGNA LETTUCE SALAD CARROTS FRENCH BREAD PUDDING JUICE	26. A-2 CHICKEN POTATOES/GRAVY CORN WW BREAD FRUIT	27. B-9 BEEF STROGANOFF MIXED VEGETABLES BREAD APPLESAUCE OATMEAL COOKIES JUICE	Thank you for your product of the month donations!
BINGO Pioneer Skilled Nursing 3 rd Friday 10:00	30. B-7 SAUSAGE GRAVY WW BISCUIT TATOR TOTS SPINACH FRUIT	31. A-10 CHICKEN STRIPS CORN CASSEROLE CALIFORNIA BLEND BREAD FRUIT				*8 oz low-fat milk is offered at every meal