

PRODUCT OF THE MONTH: BUTTER AND OIL

SUGGESTED CONTRIBUTION \$3.00 PER MEAL

660-376-3103

MARCELINE NUTRITION CENTER

LIVE MUSIC ON THURSDAYS

OCTOBER 2024

Approved by Young at Heart Resources,
Nutrition Project Director:

ACTIVITIES	Monday	Tuesday	Wednesday	Thursday	Friday	ACTIVITIES
<p>Marceline Nutrition Center 229 W Hauser Marceline, MO 64658</p>		<p>1. A-10 CHICKEN STRIPS MASHED POTATOES & GRAVY CALIFORNIA BLEND VEGETABLES WW ROLL FRUIT</p>	<p>2. B-12 TENDERLOIN ON A WW BUN LETTUCE, TOMATO, ONION & PICKLES FRENCH FRIES FRUIT</p>	<p>3. B-14 SPAGHETTI WITH MEAT SAUCE CARROTS LETTUCE SALAD FRENCH BREAD PUDDING FRUIT</p>	<p>4. A-5 FISH FILLET BAKED BEANS COLESLAW WW CORNBREAD MIXED FRUIT</p>	<p>SERVING TIME: CARRY OUT 11:00 – Please call ahead to reserve EAT IN - 11:30</p>
	<p>7. B-7 BAKED HAM SWEET POTATOES MIXED VEGETABLES WW BREAD FRUIT SALAD</p>	<p>8. A-7 PORK ROAST SCALLOPED POTATOES CARROTS WW BREAD FRUIT</p>	<p>9. D-19 CHICKEN POT PIE BISCUIT CORN LETTUCE SALAD 5 CUP FRUIT SALAD</p>	<p>10. B-9 BEEF WITH STEW VEGETABLES BROCCOLI WW BREAD APPLESAUCE COOKIES</p>	<p>11. C-18 ROAST BEEF MASHED POTATOES & GRAVY GREEN BEANS WW BREAD FRUIT</p>	
<p>For daily menu listen to “Big Erv” on KDWD 99.1 weekdays between 8:00-8:15 am</p>	<p>14. B-11 SAUSAGE GRAVY BISCUIT TATOR TOTS SPINACH FRUIT</p>	<p>15. C-4 CHILI OR BEEF VEGETABLE SOUP WW CRACKERS PEA SALAD MIXED FRUIT BROWNIES</p>	<p>16. A-5 COUNTRY FRIED STEAK MASHED POTATOES & GRAVY BROCCOLI WW ROLL APPLESAUCE</p>	<p>17. B-7 PORK W/ STIR FRY VEGETABLES CORN BREAD FRUIT COBBLER</p>	<p>18. B-1 BAKED TURKEY & DRESSING GREEN BEANS ROLL PLUMS CRANBERRY SAUCE PUMPKIN PIE JUICE</p>	<p>Benefit Counselor Wed October 16th</p>
	<p>21. C-8 HAM & BEANS COLESLAW CORNBREAD FRUIT COBBLER JUICE</p>	<p>22. A-7 PULLED PORK ON A WW BUN TATOR TOTS GREEN BEANS CUCUMBERS & ONIONS PINEAPPLE</p>	<p>23. B-15 FRIED CHICKEN MASHED POTATOES & GRAVY CORN WW BREAD FRUIT</p>	<p>24. A-2 BEEF LASAGNA LETTUCE SALAD CARROTS FRENCH BREAD PUDDING JUICE</p>	<p>25. B-9 BEEF STROGANOFF MIXED VEGETABLES BREAD APPLESAUCE COOKIES JUICE</p>	<p>Thank you for your product of the month donations!</p>
<p>BINGO Pioneer Skilled Nursing 3rd Friday 10:00</p>	<p>28. B-7 BEEF GOULASH SPINACH FRENCH BREAD PLUMS JUICE</p>	<p>29. A-10 CHICKEN STRIPS MASHED POTATOES & GRAVY BUTTER BEANS BREAD FRUIT</p>	<p>30. B-12 TENDERLOIN ON A WW BUN LETTUCE, TOMATO, ONION & PICKLES FRENCH FRIES FRUIT</p>	<p>31. B-14 SPAGHETTI WITH MEAT SAUCE CARROTS LETTUCE SALAD FRENCH BREAD PUDDING FRUIT</p>		<p>*8 oz low-fat milk is offered at every meal</p>