

*RKegeode 08/20/21*




SEPTEMBER 2021

PRODUCT OF THE MONTH: **DONATE VEGETABLE OIL** Thank you!

SUGGESTED CONTRIBUTION **\$3.00 PER MEAL**

MARCELINE NUTRITION CENTER

**660-376-3103**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN FOR CONGREGATE PICK UP OR DINE IN. <b><u>RESERVE YOUR MEAL PLEASE</u></b>			1.  A-3 RIBBIQ ON WW BUN AUGRATIN POTATOES RELISH TRAY WINTER MIX LEMON CAKE	2. B-4 SAUSAGE BISCUITS & GRAVY TATOR TOTS MIXED FRUIT TOMATO JUICE	3. A-7 SUPREME & PEPPERONI PIZZA LETTUCE SALAD BEAN SALAD PINEAPPLE	<b>SECOND FRIDAY OF THE MONTH</b> <b><u>MCLARNEY &amp; TIFFANY SPONSORED BLOOD SUGAR/BLOOD PRESSURE, AND STRENGTH TESTING</u></b>
	6. CLOSED LABOR DAY	7. B-7 POLISH SAUSAGE/KRAUT PARSLEY POTATOES BROCCOLI WW BREAD FRUIT	8. A-18 PORK ROAST POTATOES/GRAVY GREEN BEANS BREAD FRUIT COBBLER JUICE	9. B-12 TENDERLOIN on WW Bun FRENCH FRIES LETTUCE/TOMATO/ONION BROCCOLI FRUIT	10. B-6 MEATBALLS BAKED POTATOES CALIF. BLEND WW BREAD FRUIT	
	13. A-15 HAMBURGER ON WW BUN POTATO WEDGES LETTUCE, ONION, TOMATO BROCCOLI TROPICAL FRUIT	14. A-18 HOT TURKEY SANDWICH POTATOES/GRAVY GREEN BEANS OATMEAL CHOC. CHIP COOKIE/ JUICE	15.  C-17 SPAGHETTI MEATSAUCE LETTUCE SALAD CARROTS FRENCH BREAD MIXED FRUIT	16. C-18 ROAST BEEF POTATOES/GRAVY CARROTS BRAN ROLL FRUIT	17. A-16 CHICKEN FILLET ON WW BUN TATOR TOTS CABBAGE COOKIES JUICE	<b><u>THANK YOU FOR YOUR SUPPORT. YOUR PARTICIPATION IS APPRECIATED.</u></b>
Suggested Contribution <b>\$3.00</b> per meal.	20. c-11  HAM SWEET POTATOES GREEN BEANS RELISH TRAY WW BREAD STRAWBERRY SHORTCAKE	21. B-12 CHICKEN POTATOES/GRAVY PEAS/CARROTS WW HOT ROLL FRUIT	22. B-1 BEEF STROGANOFF LETTUCE SALAD CARROTS WW BREAD MIXED FRUIT	23. C-20 CHICKEN STRIPS POTATOES/GRAVY CARROTS BREAD FRUIT	24. B-10 FISH FILLET BAKED BEANS COLE SLAW CORNBREAD FRUIT	
	27. A-4 COUNTRY FRIED STEAK POTATOES/GRAVY STEWED TOMATOES BREAD MIXED FRUIT	28. B-4 BBQ CHICKEN LEG QUARTERS BAKED POTATOES GREEN BEANS WW BREAD MANDARIN ORANGE JELLO SALAD	29. A-3 RIBBIQ ON WW BUN AUGRATIN POTATOES RELISH TRAY WINTER MIX LEMON CAKE	30. B-4 SAUSAGE BISCUITS & GRAVY TATOR TOTS MIXED FRUIT TOMATO JUICE		Low fat Milk daily