












PRODUCT OF THE MONTH: *WW FLOUR/BUTTER*

SEPTEMBER 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					1. B-10  FISH FILLET BAKED BEANS COLE SLAW CORNBREAD FRUIT CAKE	ACTIVITY ROOM OPEN AT 7:30. MON-FRI.
	4. Closed labor day	5. C-8 HAM AND BEANS CORNBREAD COLESLAW JUICE FRUIT COBLER	6.  C-17 CHICKEN TETRAZZINI CARROTS WW FRENCH BREAD COOKIE/FRUIT	7.  A-4 COUNTRY FRIED STEAK POTATOES/GRAVY BRUSSEL SPROUTS WW BREAD TOMATOES FRUIT PUDDING	8. B-20 SAVORY CHICKEN AND RICE WINTER MIX WW BREAD BEETS FRUIT SALAD	THANK YOU FOR YOUR PRODUCT OF THE MONTH DONATIONS
EXERCISE CLASSES ON MONDAY AND THURSDAYS	11.  PORK CUTLETT A-10 AUGRATIN POTATOES CORN WW BREAD GREEN BEANS FRUIT SALAD	12. A-2 ROTISERIE CHICKEN POTATOES/GRAVY PEAS CARROTS WW BREAD PINEAPPLE CAKE	13. A-15 HAMBURGER ON WW BUN POTATOES BROCCOLI TROPICAL FRUIT	14. A-13 MEXICAN CASSEROLE CORN LETTUCE/TOMATOES WW TORTILLIAS SPANISH RICE FRUIT	15.  C-5 TURKEY & DRESSING CRANBERRY SAUCE POTATOES/GRAVY GREEN BEANS WW HOT ROLL FRUIT	SALAD BAR out AT 11:00. Hot meal served at 11:30
	18.  HAM A-11 SWEET POTATOES COLE SLAW WW BREAD MIXED FRUIT	19. B-1  LASAGNA HOMINY LETTUCE SALAD CARROTS FRENCH BREAD FRUIT	20. B-4 CHICKEN STRIPS POTATOES/GRAVY GREEN BEANS WW BREAD MANDARIN ORANGES CAKE	21. C-14 CHICKEN & NOODLES BROCCOLI BUTTERED BEETS WW BREAD FRUIT SALAD	22. A-15  TENDERLOIN/BUN POTATO WEDGES LETTUCE/TOMATO BROCCOLI BROWNIE FRUIT	Menu now on the MARCELINE CITY WEBSITE AND PRINTED IN the LINN CO. SHOPPER
	25. B-7 SAUSAGE GRAVY TOTS JUICE BISCUIT FRUIT	26. C-3 CHICKEN POTATOES/GRAVY CARROTS BREAD FRUIT CRISP JUICE	27. B-9  BEEF STEW APPLESAUCE WW BISCUIT OATMEAL COOKIE	28.  A-3 PORK RIB ON WW BUN CORN CASSEROLE GREEN BEANS JUICE CAKE	29. B-10  FISH FILLET BAKED BEANS COLE SLAW CORNBREAD FRUIT/CAKE	

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