

Meal contributions are always appreciated. Please pay what you can, when you can, if you can. **THANK YOU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INFO/EVENTS
11:15am-12:15pm Monday-Friday lunch is served at the center	All meals include an 8 oz serving of low-fat milk	Homemade desserts are frequently added to our congregate meals, JOIN US!	1 Polish sausage sauerkraut green beans hot roll apple crisp	2 sausage gravy with biscuit tator tots pancakes & syrup mixed fruit	Wear black & gold to show your Tiger spirit on Friday, Oct 2nd Marceline Homecoming GO TIGERS!
5 pizza supreme with pepperoni, sausage, peppers & onions pasta salad cookies	6 BBQ pulled pork on bun scalloped potatoes carrots peaches	7 chicken salad on bun potato chips apple, carrot & raisin salad pears	8 shepherd's pie with ground beef, peas, carrots & winter mix vegetables whole wheat bread fruit pudding	9 fried catfish baked beans coleslaw hush puppies cake	If you know someone 60+ and homebound in need of meal delivery, call us 660-376-3103
12 beef & noodles spinach stewed tomatoes applesauce	13 BINGO DAY spaghetti with meat sauce carrots French bread fruit	14 Vicky's fried chicken mashed potatoes/gravy green beans hot roll pudding	15 pork tenderloin on bun French fries peas Jello fruit salad	16 chili with ground beef or vegetable soup crackers hominy fruit	Tigers & Bulldogs of all ages— FRI 10/16 at NOON Kids & Seniors Bell Game art project
19 baked ham sweet potatoes buttered cabbage mixed fruit bread	20 Salisbury steak baked potato broccoli Normandy hot roll pineapple upside down cake	21 beef enchiladas tortilla shells peppers & onions beans & rice brownie	22 sweet & sour pork over rice green beans hot roll baked apples	23 cheeseburger tator tots peas fruit cake	Friday 10/23 is Bell Game! Wear your hometown colors and may the best Linn County team win!
26 chicken nuggets mashed potatoes/gravy mixed vegetables biscuits cookies	27 hot ham & cheese on bun French fries Brussels sprouts peaches	28 turkey & dressing mashed potatoes and gravy green beans hot roll pumpkin pie	29 taco salad with ground beef, corn, lettuce, tomatoes, tortilla chips fruit crisp	30 Sausage gravy With biscuits tator tots pancakes & syrup mixed fruit	Marceline Area Nutrition Program and Center 

Meal contributions are always appreciated. Please pay what you can, when you can, if you can. THANK YOU

Marceline Area Nutrition Program

and Center

