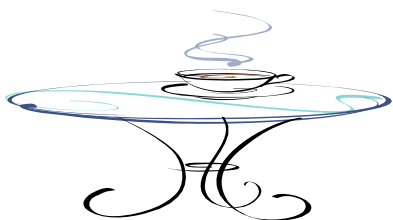


# Marshall North Cafeteria Menu



## Breakfast Specials

**Monday-Cappuccino Muffin**

**Tuesday-Steak Biscuit**

**Wednesday-Oatmeal w/  
Toppings**

**Thursday-Tri-Tator Patties**

**Friday-Fried Apple Pie**

**Saturday-Banana Nut Bread**

**Sunday- Sausage Links**

## Soup of the Day

**Monday-Tomato Bisque**

**Tuesday-Vegetable Beef**

**Wednesday-Shrimp & Corn  
Chowder**

**Thursday-Brunswick Stew**

**Friday- Broccoli Cheese**

## FNS Management Team

Greg French-Director 256-753-8062

Clinical Dietitian's Office 256-753-8052

Sheri Spencer-Kitchen Supervisor 256-753-8063

## Hours of Operation

Breakfast 6:30 A.M.~10:00 A.M.

Lunch 11:00 A.M.~1:30 P.M.

Dinner 4:30 P.M.~6:00 P.M.

(Closed Saturday and Sunday during Dinner Hours)

View this menu at [www.mmcenters.com](http://www.mmcenters.com) under the "about us" tab

## Daily Lunch Menu

### Monday- July 16<sup>th</sup>

Chicken Filet Sandwich  
Beef Stroganoff over Noodles  
French Fries  
Yellow Squash & Onions (≈) 48 Cal 2 Fat  
French Green Beans (≈) 45 Cal 2 Fat  
Butter Peas (≈) 78 Cal 2 Fat

### Tuesday- July 17<sup>th</sup>

Swiss Steak w/ Mushroom Gravy  
Southwestern Chicken  
Scalloped Potatoes  
Speckled Butter Beans (≈) 86 Cal 3 Fat  
Tomato Tart  
Fried Okra

### Wednesday- July 18<sup>th</sup>

Pesto Shrimp over Pasta  
Teriyaki Glazed Chicken (≈) 199 Cal 8 Fat  
Cheesy Potato Bake  
Pole Beans (≈) 49 Cal 2 Fat  
Broccoli & Cauliflower (≈) 45 Cal 2 Fat  
Purple Hull Peas (≈) 86 Cal 3 Fat

### Thursday- July 19<sup>th</sup>

Italian Baked Lasagna  
Monterey Jack Chicken  
Whole Red Potatoes (≈) 141 Cal 2 Fat  
Mediterranean Vegetables (≈) 56 Cal 2 Fat  
Steamed Cabbage (≈) 36 Cal 2 Fat  
Whole Baby Carrots (≈) 48 Cal 2 Fat

### Friday- July 20<sup>th</sup>

Flank Steak w/ Demi Glaze(≈) 240 Cal 8 Fat  
Crunchy Onion Chicken (≈) 287 Cal 13 Fat  
Baked Potato (≈) 155 Cal 1 Fat  
Cream Corn (≈) 97 Cal 1 Fat  
Zipper Peas (≈) 78 Cal 2 Fat  
Brussel Sprouts (≈) 56 Cal 2 Fat

### Saturday- July 21<sup>st</sup>

Baked Chicken w/ Zucchini  
Smothered Pork Chop  
Stewed Potatoes (≈) 97 Cal 2 Fat  
Green Peas (≈) 67 Cal 2 Fat  
Vegetable Medley (≈) 48 Cal 2 Fat

### Sunday- July 22<sup>nd</sup>

Hamburger Steak w/ Gravy  
Marinated Chicken Breast (≈) 199 Cal 8 Fat  
Mashed Potatoes  
Lima Beans (≈) 78 Cal 2 Fat  
Stewed Tomatoes w/ Okra (≈) 48 Cal 2 Fat  
(≈) = Denotes recipe from [www.deliciousdecisions.org](http://www.deliciousdecisions.org),  
[www.eatingwell.com](http://www.eatingwell.com), or other credible source.