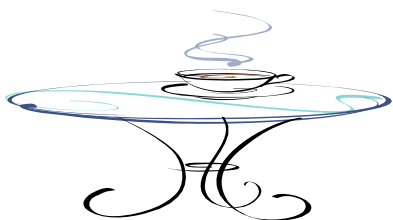


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Tomato Gravy

Tuesday-Cappuccino Muffin

Wednesday-Mini Potato cakes

Thursday-Oatmeal w/ Topping

**Friday- Apple Cinnamon
Coffeecake**

Saturday-Grilled Ham

Sunday-Sausage Link

Soup of the Day

Monday-Brunswick Stew

Tuesday- Vegetable Beef

**Wednesday-Shrimp & Corn
Chowder**

Thursday-Potato Bacon

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 under the "about us" tab

Daily Lunch Menu

Monday- August 13th

Pot Roast w/ Gravy (≈) 224 Cal 8 Fat

Monterey Jack Chicken

Cheesy Potato Bake

Spring Vegetables (≈) 48 Cal 2 Fat

Purple Hull Peas (≈) 86 Cal 3 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

Tuesday- August 14th

Fried Catfish w/ Hushpuppies

Raised in Alabama

Spicy Roasted Chicken (≈) 210 Cal 11 Fat

French Fries

Baked Beans (≈) 141 Cal 2 Fat

Corn on the Cob (≈) 84 Cal 2 Fat

Baby Baker Potatoes

Wednesday- August 15th

Pulled Smoked Chicken

Shrimp Scampi over Linguine

Mediterranean Vegetables (≈) 56 Cal 2 Fat

French Fries

Steamed Asparagus (≈) 45 Cal 2 Fat

Diced Carrots (≈) 48 Cal 2 Fat

Thursday- August 16th

Chicken Lasagna

Breaded Pork Chop

Rosemary Roasted Potatoes

Broccoli Cheddar Bites

Steamed Cauliflower (≈) 45 Cal 2 Fat

White Acre Peas (≈) 78 Cal 2 Fat

Friday- August 17th

Stir-fried Chicken Tenders

Oriental Pepper Steak

Fluffy Rice (≈) 200 Cal 1 Fat

Pole Beans (≈) 49 Cal 2 Fat

Yellow Squash & Onions (≈) 48 Cal 2 Fat

Whole Red Roasted Potatoes

Saturday- August 18th

Fried Chicken Breast

Stuffed Green Peppers (≈) 200 Cal 11 Fat

Green Peas w/ Onions (≈) 67 Cal 2 Fat

Parsley Potatoes (≈) 97 Cal 2 Fat

Sliced Carrots (≈) 48 Cal 2 Fat

Sunday- August 19th

Pork Fried Steak w/ Gravy

Honey Mustard Chicken (≈) 199 Cal 8 Fat

Mashed Potatoes

French Green Beans (≈) 45 Cal 2 Fat

Vegetable Trio (≈) 48 Cal 2 Fat

(≈) = Denotes recipe from www.deliciousdecisions.org, www.eatingwell.com, or other credible source.