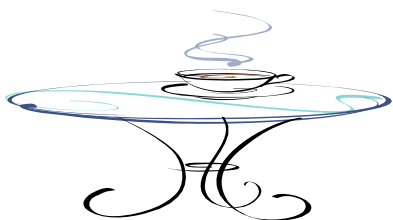


# Marshall North Cafeteria Menu



## Breakfast Specials

**Monday-Breakfast Quiche**

**Tuesday-Fresh Baked Danish**

**Wednesday-Country Ham w/  
Red-eye Gravy**

**Thursday- Orange Blossom  
Muffin**

**Friday-Oatmeal w/ Toppings**

**Saturday-Blueberry  
Coffeecake**

**Sunday-Toasted Bagels**

## Soup of the Day

**Monday-Brunswick Stew**

**Tuesday-Chicken Noodle**

**Wednesday-Tomato Soup**

**Thursday- Vegetable Beef**

**Friday-Chicken & Dumpling**

### 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- September 24<sup>th</sup>

Chicken Florentine Casserole

Salisbury Steak w/ Gravy

Cheesy Potato Bake

Green Peas (≈) 67 Cal 2 Fat

Speckled Butter Beans (≈) 86 Cal 3 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

#### Tuesday-September 25<sup>th</sup>

Grilled Reuben Sandwich

Marinated Chicken Breast (≈) 199 Cal 8 Fat

Crinkle Cut French Fries

Broccoli & Cauliflower(≈) 45 Cal 2 Fat

Whole Kernel Corn (≈) 86 Cal 3 Fat

Butter Peas (≈) 78 Cal 2 Fat

#### Wednesday- September 26<sup>th</sup>

Flank Steak w/ Demi Glaze (≈) 240 Cal 2 Fat

Crunchy Onion Chicken (≈) 287 Cal 13 Fat

Baked Potatoes (≈) 155 Cal 1 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

Mediterranean Vegetables (≈) 56 Cal 2 Fat

Squash Medley (≈) 48 Cal 2 Fat

#### Thursday- September 27<sup>th</sup>

Pulled Pork Sandwich

Pepper Jack Chicken

French Fries

Pole Beans (≈) 49 Cal 2 Fat

Baby Baker Potatoes

Sliced Carrots (≈) 48 Cal 2 Fat

#### Friday- September 28<sup>th</sup>

Fried Catfish w/ Hushpuppies

*Farmed Raised in Alabama*

Cornish Game Hen (≈) 298 Cal 9 Fat

Baked Beans (≈) 141 Cal 2 Fat

Roasted Cob Corn (≈) 84 Cal 2 Fat

Seasoned Curly Fries

Golden Rice Pilaf (≈) 200 Cal 1 Fat

#### Saturday- September 29<sup>th</sup>

Stuffed Shells w/ Marinara Sauce

Chicken Supreme w/ Supreme Sauce

Roasted Vegetables w/ Pasta

Brussel Sprouts (≈) 56 Cal 2 Fat

Steamed Cauliflower (≈) 45 Cal 2 Fat

#### Sunday- September 30<sup>th</sup>

Ranch Style Chicken (≈) 199 Cal 8 Fat

Stuffed Cabbage Rolls (≈) 230 Cal 13 Fat

Crowder Peas (≈) 78 Cal 2 Fat

Parsley Potatoes (≈) 97 Cal 2 Fat

Spring Vegetables (≈) 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.