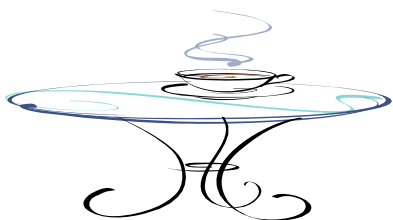


Marshall North Cafeteria Menu



Breakfast Specials

**Monday-Cinnamon Apple
Coffeecake**

Tuesday- Tri-Tator Patties

**Wednesday-Pork Chop
Biscuits**

Thursday-Cappuccino Muffin

Friday-Oatmeal w/ Toppings

Saturday- Fried Apple Bites

**Sunday- Orange Blossom
Muffin**

Soup of the Day

Monday- Broccoli Cheese

**Tuesday- Employee Christmas
Party**

Wednesday- Vegetable Beef

**Thursday- Shrimp & Corn
Chowder**

Friday- Brunswick Stew

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- December 10th

Smokey Mountain Chicken
Oriental Pepper Steak over Rice
Baby Baker Potatoes
Butter Peas (≈) 78 Cal 2 Fat
Steamed Broccoli (≈) 45 Cal 2 Fat
Stir Fried Vegetables (≈) 48 Cal 2 Fat

Tuesday-December 11th

Employees' Christmas Party!

11:00 a.m. ~1:30 p.m. & 5:00 p.m. ~ 7:00 p.m.
Visitors-\$13.50, Physician Staff- \$10,
Children under 12-\$7

Prime Rib / Sliced Pit Ham
Cheesy Potato Bake
Cornbread Dressing
Green Bean Casserole
Whole Baby Carrots
Butter Corn

Wednesday- December 12th

Swedish Meatballs over Noodles
Fried Chicken Wings
Potato Wedges
Speckled Butter Beans (≈) 86 Cal 3 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat

Thursday- December 13th

Pulled Pork Sandwich
Cheddar Baked Cod (≈) 298 Cal 9 Fat
Crinkle Cut Fries
Pole Beans (≈) 49 Cal 2 Fat
Wild Rice (≈) 200 Cal 1 Fat
Spring Vegetables(≈) 48 Cal 2 Fat

Friday- December 14th

Chicken Florentine Casserole
Stuffed Shells w/ Marinara
Rosemary Roasted Potatoes(≈) 141 Cal 2 Fat
Steamed Asparagus (≈) 45 Cal 2 Fat
Carrot Sticks (≈) 48 Cal 2 Fat
Zipper Peas (≈) 78 Cal 2 Fat

Saturday- December 15th

Chicken Philly Steak Sandwich
Smothered Pork Chop
French Fries
Peas & Carrots (≈) 67 Cal 2 Fat
Stewed Potatoes (≈) 97 Cal 2 Fat
Brussel Sprouts (≈) 56 Cal 2 Fat

Sunday- December 16th

Country Fried Steak w/ Brown Gravy
Honey Mustard Chicken (≈) 199 Cal 8 Fat
Mashed Potatoes
Vegetable Medley (≈) 48 Cal 2 Fat
Green Beans(≈) 49 Cal 2 Fat