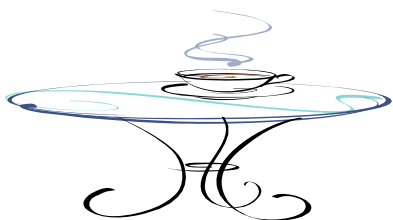


Marshall North Cafeteria Menu



Breakfast Specials

Monday- Breakfast Scones

Tuesday-Tomato Gravy

Wednesday-Cappuccino Muffin

**Thursday-Oatmeal w/
Toppings**

Friday-Mini Potato Cakes

Saturday-French Toast

**Sunday-Apple Cinnamon
Muffins**

Soup of the Day

Monday- vegetable Beef

Tuesday- Cactus Chili

Wednesday- Potato Bacon

Thursday-Broccoli Cheese

Friday- Chicken Noodle

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- January 21st

Roast Pork w/ Gravy (≈) 240 Cal 8 Fat

Southwestern Chicken

Macaroni & Cheese

Speckled Butter Beans (≈) 86 Cal 3 Fat

Okra & Tomatoes (≈) 48 Cal 2 Fat

Sliced Carrots (≈) 48 Cal 2 Fat

Tuesday- January 22ND

Chicken Caesar Salad!

Creole Style Chicken (≈) 199 Cal 8 Fat

Parmesan Crusted Cod (≈) 188 Cal 7 Fat

Whole Red Potatoes (≈) 141 Cal 2 Fat

Cajun Style Vegetables(≈) 48 Cal 2 Fat

Red Beans & Rice (≈) 200 Cal 1 Fat

Tomato Tart

Wednesday- January 23rd

Meatball Sub Sandwich

Crunchy Onion Chicken (≈) 287 Cal 13 Fat

Steak Fries

Whole Kernel Corn (≈) 86 Cal 3 Fat

Rosemary Roasted Potatoes

Steamed Broccoli (≈) 45 Cal 2 Fat

Thursday- January 24th

Monterrey Jack Chicken

Beef Stew over Biscuit

Baby Baker Potatoes

Lima Beans (≈) 78 Cal 2 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

Squash & Onions (≈) 48 Cal 2 Fat

Friday- January 25th

Pulled Pork Sandwich

Cornish Game Hen (≈) 298 Cal 9 Fat

Crinkle Cut French Fries

Scalloped Potatoes

Green Peas (≈) 67 Cal 2 Fat

Mediterranean Vegetables (≈) 56 Cal 2 Fat

Saturday- January 26th

Hamburger Steak w/ Gravy

Herb Roasted Chicken (≈) 160 Cal 8 Fat

Mashed Potatoes w/ Gravy

Pole Beans (≈) 49 Cal 2 Fat

Black-eyed Peas(≈) 113 Cal 2 Fat

Sunday- January 27th

Parmesan Ranch Chicken

Stuffed Green Peppers(≈) 200 Cal 11 Fat

Red Roasted Potatoes (≈) 141 Cal 2 Fat

White Acre Peas (≈) 78 Cal 2 Fat

Vegetable Medley (≈) 48 Cal 2 Fat

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