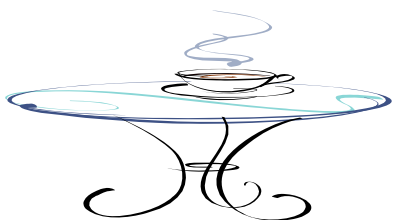


# Marshall North Cafeteria Menu



## Breakfast Specials

**Monday-Breakfast Quiche**

**Tuesday- fresh Baked Danish**

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

**Thursday-Oatmeal w/  
Toppings**

**Friday-Pig-N-Blanket**

**Saturday-French Toast**

**Sunday- Chocolate Chunk  
Muffin**

## Soup of the Day

**Monday-Vegetable Beef**

**Tuesday-Cactus Chili**

**Wednesday-Broccoli Cheese**

**Thursday-Brunswick Stew**

**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- February 18<sup>th</sup>

#### Breakfast for Supper!

Country Fried Steak w/ Gravy

Chicken Florentine Casserole

Cheesy Potato Bake

Green Peas (≈) 67 Cal 2 Fat

Cream Corn (≈) 97 Cal 2 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

#### Tuesday- February 19<sup>th</sup>

Pulled Smoked Chicken

Cheddar Baked Cod (≈) 188 Cal 7 Fat

Steak Fries

White Acre Peas (≈) 78 Cal 2 Fat

Broccoli Rice Casserole

Mediterranean Vegetables (≈) 56 Cal 2 Fat

#### Wednesday- February 20<sup>th</sup>

Grilled Salmon Pattie

Smothered Pork Chop

Whole Red Potatoes (≈) 141 Cal 2 Fat

Steamed Asparagus (≈) 45 Cal 2 Fat

Diced Carrots (≈) 48 Cal 2 Fat

Steamed Cauliflower (≈) 45 Cal 2 Fat

#### Thursday- February 21<sup>st</sup>

Pot Roast w/ Gravy (≈) 224 Cal 8 Fat

Parmesan Ranch Chicken

Baked Potatoes (≈) 155 Cal 1 Fat

Purple Hull Peas (≈) 86 Cal 3 Fat

Okra & Tomatoes (≈) 48 Cal 2 Fat

Fried Green Beans

#### Friday- February 22<sup>nd</sup>

Smokey Mountain Chicken

Roast Pork w/ Gravy (≈) 240 Cal 8 Fat

Scalloped Potatoes

Speckled Butter Beans (≈) 86 Cal 3 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

Green & Yellow Squash (≈) 48 Cal 2 Fat

#### Saturday- February 23<sup>rd</sup>

Hamburger Steak w/ Mushroom Gravy

Marinated Chicken Breast (≈) 199 Cal 8 Fat

Mashed Potatoes w/ Gravy

Black-eyed Peas (≈) 113 Cal 2 Fat

Pole Beans (≈) 48 Cal 2 Fat

#### Sunday- February 24<sup>th</sup>

Ham & Cheese Croissant

Chicken Fettuccini Alfredo

French Fries

Whole Kernel Corn (≈) 86 Cal 3 Fat

Steamed Broccoli (≈) 45 Cal 2 Fat

(≈) = Denotes recipe from [www.deliciousdecisions.org](http://www.deliciousdecisions.org), [www.eatingwell.com](http://www.eatingwell.com), or other credible source.