**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

**Daily Lunch Menu**

**Monday - February 18th**
**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 19th**
- 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 20th**
- 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 21st**
- 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 22nd**
- 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 23rd**
- 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 24th**
- Ham & Cheese Croissant
- Chicken Fettuccini Alfredo
- French Fries
- Whole Kernel Corn (≈) 86 Cal 3 Fat
- Steamed Broccoli (≈) 45 Cal 2 Fat


**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.
(Open during Dinner Hours)

*View this menu at www.mmccenters.com under the “about us” tab*