

MARSHALL NORTH CAFETERIA MENU



**Monday- Apple Cinnamon
Coffeecake**

**Tuesday- Cinnamon Raisin
Biscuits**

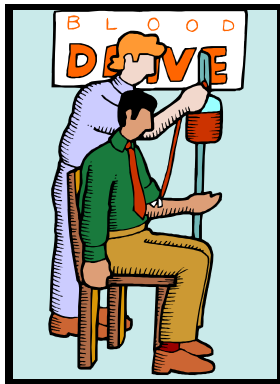
Wednesday-Breakfast Scones

Thursday- Hashbrown Casserole

Friday- Sausage Links

Saturday- French Toast Sticks

Sunday- Blueberry Muffins



**Our Blood drive will be held on
Tuesday August 3rd from 7a.m. until
5 p.m. and on August 4th from 12
noon until 9p.m. on third floor of the
Medical Plaza Building.**

FNS MANAGEMENT TEAM

Greg French-Director 256-753-8062
Gina DeMuro-Clinical Dietitian 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.

DAILY LUNCH MENU

Monday July 26th

Pineapple Cherry Crisp
Vegetable Beef Soup
Fried Chicken Wings
Breaded Pork Chops
Fire Roasted Potatoes w/ Vegetables
White Acre Peas
Cabbage w/ Peppers (≈) 58 Calories 3 Grams Fat
Malibu Blend Vegetables

Tuesday July 27th

New York Cheesecake
Gourmet Hamburgers
Blackbean & Veggie Burger
Honey Mustard Chicken (≈) 397 Cal. 8 Grams Fat
French Fries
Broccoli Rice Almandine
Trio of Peas (≈) 111 Calories 4 Grams Fat
Roasted Corn on the Cob

Wednesday July 28th

Strawberry Shortcake
Chicken Gumbo Soup
Cheese Manicotti w/ Marinara Sauce
Chicken Parmesan
Roasted Root Vegetables (≈) 184 Cal. 4 Grams fat
Italian Blend Vegetables
Whole Baby Carrots
Steamed Broccoli

Thursday- July 29th

Walnut Cream Cake
Tomato Florentine Soup
Sweet & Sour Chicken Tenders over Brown Rice (≈)
465 Calories 10 Grams Fat
Pot Roast w/ Vegetables & Gravy
Mashed Potatoes
Peas & Carrots
Sauté Squash
Sesame Green Beans (≈) 72 Calories 3 Grams Fat

Friday July 30th

Blackberry Cobbler
Vegetable Soup
Oven Fried Chicken
Grilled Pork Chops
Macaroni & Cheese
Gr. Beans w/ Tomatoes (≈) 71 Calories 3 Grams Fat
Sliced Carrots
Brussels Sprouts

Saturday- July 31st

Pecan Cobbler
Chicken & Dumpling Soup
Grilled Pepper Steak w/ Gravy
Herb Roasted Chicken
Mashed Potatoes w/ Gravy
Pole Beans / Black-eyed Peas

Sunday – August 1st

Submarine Sandwich Plates
Autumn Beef Soup
Crunchy Onion Chicken
Six Cheese Lasagna
Winter Mix Vegetables
Stewed Potatoes
Baby Carrots
Buttered Corn

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