Marion Nutrition Site
For Reservations &
Cancellations Call: 659-0831

MENU DECEMBER 2019

Old Fort Nutrition Site
For Reservations &
Cancellations Call: 668-4867

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven-Fried Fish Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Cookie (D.BS.F. Cookie)	Baked Parmesan Chicken Breast Green Beans Copper Pennies Rice Biscuit Pudding (D.BVanilla Pudding w/Splenda)	Meatballs with Mushroom Gravy Tossed Salad Green Peas Medium Egg Noodles Garlic Toast Cherry Cheesecake	Bar-B-Que Pork Cole Slaw Fruit Juice Baked Beans Bun Iced Cake	Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Spanish Rice Nacho Chips Fruit Cocktail (D.B. S.F. Fruit Cocktail)
9 Baked Pork Loin Steamed Cabbage Orange Juice Black-Eyed Peas Corn Bread Cookie	Baked Breaded 10 Chicken Breast Fillet Lettuce & Sliced Tomato Potato Soup (HDM- Tater Tots) Bun Cold Sliced Peaches(D.B. Sliced Peaches)	Pinto Beans 11 w/Chopped Onions Turnip Greens Potato Wedges Corn Bread Baked Sliced Apples (HDM & D.B Applesauce)	Baked Chicken 12 Breast w/Mushroom Gravy Vegetable Medley Cornbread Dressing Roll Cranberry Congealed Salad (D.BS.F. Cranberry Congealed Salad)	Chili with Beans Tossed Salad Whole Kernel Corn Corn Bread Fruit Cup with Apple, Grapes & Pineapple
Sante Fe Chicken Fillet with Salsa & Monterey Jack Cheese Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cookie	Baked Spaghetti Cucumber, Onion & Tomato Salad Buttered Peas Bread Stick (HDM- Texas Toast) Pears (D.B. Pears)	Hot Dog w/Chili & Onion Cole Slaw Baked Potato Wedges Hot Dog Bun Fruit Crisp (DB-S.F. Fruit Crisp)	Stew Beef with Gravy over Rice Green Beans Carrots Roll Strawberry Short-cake	Baked Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Peanut Butter Bar
Country Style 23 Steak w/ Gravy Green Beans Cole Slaw Creamed Potatoes Biscuit Pudding (D.B. Vanilla Pudding with Splenda)	CLOSED HOLIDAY	CLOSED HOLIDAY CLOSED HOLIDAY	CLOSED HOLIDAY	Pimento Cheese Sandwich/2 Slices Bread Beef Vegetable Stew Fruit Cobbler (HDM & D.BHot Fruit)
Oven-Fried Fish 30 Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Cookie (D.BS.F. Cookie)	Baked Parmesan 31 Chicken Breast Green Beans Copper Pennies Rice Biscuit Pudding (D.B Vanilla Pudding w/Splenda)		Dining Room Notice In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.	Nutrition Site Beverages Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee *DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free