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

MENU

JULY 2022

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

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Tea Coffee 	**Menu items are subject to change due to availability** **DB = Diabetic* *HDM = Home Delivered* Meals S.F. = Sugar Free		1 Turkey Burger/Bun Cole Slaw, Chili, Onions Potato Chips Baked Beans Fresh Fruit
4 Closed 	5 Macaroni & Cheese Cold Country Tomato Broccoli Cornbread Jell-O	6 BBQ Pork Cole Slaw Corn Hushpuppies Pudding	7 Breaded Chicken Fillet Sandwich/Bun Lettuce & Tomato Tater Tots Fruit Cobbler	8 Tuna Salad with Leaf Lettuce Sliced Tomato Potato Salad 2 Slices of Bread Fresh Fruit
11 Roast Beef w/Gravy Zucchini & Tomatoes w/Onion Whipped Potatoes Rolls Pears	12 Country Style Steak w/ Gravy Green Peas Baby Bakers Biscuit Diced Peaches	13 Turkey Hot Dogs w/Chili & Diced Onion Hot Dog Bun Baked Beans Chips Banana	14 Baked Ham Green Beans Fresh Vegetable Vinaigrette w/tomatoes, onion, & cucumbers Cut Sweet Potatoes Roll Devil's Food Cake	15 Chef Salad w/Turkey, Cheese, Boiled Eggs Lettuce, Tomatoes, Cucumbers Tropical Fruit Mix Macaroni Salad, Crackers Peanut Butter Brownies
18 Chicken Pot Pie w/Vegetables Harvard Beets Roll Jell-O	19 Chopped Steak w/Mushroom Gravy Oriental Slaw w/Cabbage, Sunflower Kernels, Spring Onions & Raman Noodles Baby Bakers, Rolls Apple Cobbler (D.B. Melon Cup)	20 Turkey Burger w/Cheese, Bun Lettuce & Tomato Baked Beans Chips Cookie	21 Baked Chicken Filet w/Italian Dressing Green Beans Buttered Noodles Roll Strawberry Shortcake (DB– Fresh Strawberries)	22 Chicken salad Lettuce & Tomato Potato Salad 2 Slices of Bread Melon Cup
25 Tuna Salad on Lettuce Sliced Tomato Pickled Beets 2 Slices Honey Wheat Bread Cookies	26 Baked Chicken Breast w/Gravy Green Beans Dressing Biscuit Melon Cup	27 Oven Fried Fish Cole Slaw w/Carrots Dill Potato Hush Puppies Tarter Sauce Brownie	28 Baked Spaghetti Tossed Salad w/Lettuce, Tomato & Carrot Green Peas Garlic Twist (Texas Toast-HDM) Iced Cake	29 Sliced Ham Sandwich w/Cheese Lettuce & Tomato Broccoli Salad Chips 2 Slices of Bread Orange