

Morrow County Services for Older Citizens

**41 West Center Street,
Mount Gilead, OH 43338**

Phone 419-946-4191 Fax 419-946-1037

**MENU
MARCH, 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meatloaf Corn Mashed Potatoes Applesauce Pudding Bread Milk
4 Pork Cutlet Roasted Potatoes Succotash Applesauce Dinner Roll Milk	5 Chicken & Noodles Asparagus Mashed Potatoes Peaches Bread Milk	6 Spinach Lasagna Malibu Fruit Broccoli Orange Juice Bread Milk	7 Veal Patty Tomato Soup Potato Rounds Peaches Bun Milk	8 Beef Stroganoff California Blend Vegetables Cooked Spinach Diced Fruit Mix Bread Milk
11 Roast Beef Mashed Potatoes Corn Applesauce Vanilla Pudding Bread Milk	12 Chicken Leg Asparagus Green Beans Peaches Rice Pudding Milk	13 Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Roll Milk	14 Pizza Patty Chicken Noodle Soup Tossed Salad Malibu Mix Fruit Bun Milk	15 Egg Salad Herb Red Skin Potatoes Mixed Vegetables Applesauce Bun Milk
18 Beef Stew Sliced Apples Broccoli Biscuit Milk	19 Burger Steak Fry's Peaches Bread Milk	20 Shredded Chicken Sliced Potatoes Grape Juice Mandarin Oranges Biscuit Milk	21 Shredded Beef Chili Corn Pears Bun Milk	22 Manicotti Italian Blend Vegetables Corn Mandarin Oranges Bread Milk
25 Sliced Turkey Breast Steak Fry's Corn Peaches Bread Milk	26 Meatloaf Broccoli Mashed Potatoes Fruit Salad Cookie Bread Milk	27 Pork Cutlet Mashed Sweet Potatoes Green Beans Pineapple Roll Milk	28 Sloppy Joes Potato Asparagus Soup Corn Mandarin Oranges Bun Milk	29 Vegetable Lasagna Malibu Fruit Peas and Carrots Orange Juice Bread Milk

LUNCH IS SERVED MON.-FRI. 11:30-12:30

From the Nutrition Department: Just a few reminders about our meal programs.

1. If you receive home delivered meals and are not going to be home for some reason, please call and cancel your meal. We cannot leave the meal if you are not going to be home. We also cannot leave the meal with anyone else. The meals are ordered at 1:30 the day before, so please cancel before 1:30. If you signed up for lunch or an evening meal at the Senior Center please call and cancel your meal, if you cannot come in.

2. We will try to deliver meals as long as the weather permits. Keep in mind if your driver feels as though they cannot get in your drive or up to your house, they may decide not to deliver your meal. We do not want to put anyone in harm trying to deliver a meal in the bad weather.

3. Please keep in mind we accept donations for your meals. We do not charge for the meals, but the meals are not free. If you can, we appreciate anything you can contribute towards the meal programs. Thank you, if you have any questions please give us a call at the center.

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