

MORROW COUNTY SERVICES FOR OLDER CITIZENS
DBA SENIORS ON CENTER
41 WEST CENTER STREET, MOUNT GILEAD, OH 43338
419-946-4191

MARCH 2017 MENU

SUGGESTED \$3.00 DONATION ONE DAY ADVANCE RESERVATIONS REQUIRED

Alternative For the week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 thru 3 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk		Lunch is served 11:30 until 12:30	1 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	2 Chili Tossed Salad Cornbread Oyster Crackers Peaches Apple Juice Milk	3 Salisbury Steak Mashed Potatoes Broccoli Grape juice Whole Grain Bread Graham Crackers Pudding Milk
6 thru 10 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	6 Beef and Noodles Peas and Carrots Mixed Fruit Pineapple juice Whole Grain Bread Milk	7 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice Whole Grain Crackers Jello with Fruit Milk	8 Hamburgers Baked Beans Lettuce and Tomato Apple juice Whole grain Bun Whole grain cracker Milk	9 Chicken Drumstick Oven Brown Potatoes Broccoli Fresh Grapes Whole Grain Bread Graham crackers Milk	10 Spaghetti Hot Apple Slices Green Beans Cranberry Juice Bread Sticks Milk
13 thru 17 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	13 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	14 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Cookies Whole Grain Bread Milk	15 Ham Baked Potatoes Califlower Banana Graham Cracker Whole Wheat Bread Milk	16 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	17 Honey Mustard Chicken Rice Beets Orange Juice Whole Grain Bread Milk
21 thru 24 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	20 Stuffed peppers Mashed Potatoes Lima Beans Peaches Wheat Bread Milk	21 Chicken Strips Tossed Salad Ranch Fries Pears Fruit Jello Whole Grain Bread Milk	22 Meatloaf Apple juice Corn Mandarin oranges Mac and Cheese Whole Grain Bread Milk	23 Lasagna Broccoli Banana Whole Wheat Bread Milk	24 Chicken noodle Casserole Peas Applesauce Cranberry juice Whole Grain Bread Milk
27 thru Mar. 3 Tuna Salad Cheese Cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	27 Chili Tossed Salad Apple Juice Peaches Cornbread Oyster Crackers Milk	28 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	29 Salisbury Steak Mashed Potatoes Broccoli Grape juice Whole Grain Bread Graham Cracker Pudding Milk	30 Pork Chops Baked Potato Applesauce Malibu Vegetables Bread stick Milk	31 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk