MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC. Phone 419-946-4191 * 419-946-1037 facsimile

September 2016 Menu

SUGGESTED \$3.00 DONATION ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE			1 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	2 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk
⁵ CLOSED	6 Pork Fritter Baked Potatoes Broccoli Peaches Whole Grain Bread Milk	7 Sloppy Joe Sandwich Carrots Hot Apple Slices Cranberry Juice Whole Grain bun Whole Grain Crackers Milk	8 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	9 Shredded Chicken Sandwich Ranch Fries Pears Pineapple Juice Whole Grain Bun Whole
12 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	13 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Milk	14 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	15 Pepper Steak Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	16 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
19 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	20 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk	21 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	22 Vegetable Lasagna Broccoli Banana Whole Wheat Bread Milk	23 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk
26 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	27 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	28 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	29 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	30 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk