

Morrow County Services for Older Citizens
41 West Center Street, Mount Gilead, OH 43338
Phone 419-946-4191 Fax 419-946-1037
OCTOBER 2019 MENU



MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday	
Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191	1 Hungarian Goulash Brussel Sprouts Wax Beans Cinnamon Apples Breadstick Milk	2 Meatloaf Mashed Potatoes Vegetable Peaches Roll Milk	3 Pulled Pork Bun Corn Chowder Salad Tropical Fruit Mix Milk	4 Taco Meat Tortilla Lettuce Corn Mandarin Oranges Milk	
	7 Hot Dog Bun Baked Beans Broccoli Peaches Milk	8 Turkey Sausage Link Diced Potatoes French Toast Sticks Vegetable Strawberries Milk	9 Roast Beef Mashed Potatoes Corn Applesauce Roll Mini Sandies Milk	10 Turkey Burger Bun Vegetable Soup Salad Potato Rounds Milk	11 Ham Cooked Carrots Cooked Spinach Pears Muffin Milk
	14 Closed in Observation of Columbus Day	15 Chicken Breast Scalloped Potatoes Green Beans Peaches Bread Milk	16 Beef Stroganoff w/Pasta Lima Beans Corn Pineapple Bread Milk	17 Sliced Turkey Breast Bun Chili Salad Mandarin Oranges Milk	18 Roast Pork Broccoli Sweet Potatoes Applesauce Roll Milk
	21 Shredded Beef Bun Potato Rounds California Blend Vegetables Mandarin Oranges Milk	22 Chicken Parmesan w/Pasta & Marinara Sauce Cooked Spinach Carrot Raisin Salad Marshmallow Crispy Bites Milk	23 Salisbury Steak Mashed Potatoes Peas & Onions Cinnamon Apple Crisp Bread Milk	24 Sloppy Joes Bun Vegetable Soup Salad Apricots Milk	25 Chipped Beef Cooked Carrots Vegetable Three Berry Blend Texas Toast Milk
	28 Turkey Burger Bun Broccoli Corn Pineapple Chocolate Chip Cookie Milk	29 Ham Sweet Potatoes Zucchini Malibu Fruit Mix Croissant Milk	30 Spaghetti w/Meat Sauce Green Beans Yellow Squash Mandarin Oranges Garlic Bread Milk	31 Veal Patty Bun Corn Chowder Tossed Salad Peaches Milk	

the Nutrition Department:

minders 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.