

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

Phone 419-946-4191 * 419-946-1037 facsimile

July 2016 Menu

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

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