

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

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

August 2016 Menu

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	2 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	3 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	4 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	5 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk
8 Pork Fritter Baked Potatoes Broccoli Peaches Whole Grain Bread Milk	9 Turkey Burger with Lettuce & Tomato Wedge Fries Tropical Fruit Whole Grain Bun Whole Grain Crackers Milk	10 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	11 Sloppy Joe Sandwich Carrots Hot Apple Slices Cranberry Juice Whole Grain Bun Whole Grain Crackers Milk	12 Shredded Chicken Sandwich Ranch Fries Pears Pineapple Juice Whole Grain Bun Whole Grain Crackers Milk
15 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	16 Chicken Breast Mashed Potatoes Carrots Grape Juice Whole Grain Bread Milk	17 Pepper Steak Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	18 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	19 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
22 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	23 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	24 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	25 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk	26 Vegetable Lasagna Broccoli Orange Whole Wheat Bread Milk
29 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	30 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	31 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	MENU IS SUBJECT TO CHANGE	