

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Veal Patty Bun Corn Chowder Cucumber Salad Three Berry Blend Fruit Milk	Ham Mashed Sweet Potatoes Cooked Spinach Fruit Cocktail Roll Milk
5	6	7	8	9
Turkey Bacon Lettuce & Tomato Bread Peas & Onions Cantaloupe Milk	Chicken ala King with Mixed Veggies Yellow Squash Strawberries Biscuit Milk	Roast Beef Mashed Potatoes Prince Charles Veggie Blend Pineapple Bread Milk	Pulled Chicken Bun Potato Asparagus Soup Carrot Raisin Salad Peaches Milk	Spaghetti with Meat Sauce Green Beans Mandarin Oranges Grapes Garlic Bread Milk
12	13	14	15	16
Hot Dog with Bun Sweet Potatoes Corn Strawberries Milk	Chicken Alfredo Broccoli Cooked Carrots Malibu Fruit Mix Milk	Meatloaf Mashed Potatoes Green Beans Applesauce Banana Muffin Milk	Sliced Turkey Breast Bun Vegetable Soup Potato Salad Fruit Cocktail Milk	Egg Omelet Diced Hash Browns Grapes Orange Juice Raisin Bread Milk
19	20	21	22	23
Turkey Burger Bun Potato Rounds Brussel Sprouts Three Berry Blend Fruit Milk	Roast Pork Cooked Spinach Yellow Squash Fruit Cocktail Roll Milk	Chipped Beef Asparagus Corn Mandarin Oranges Texas Toast Milk	Chicken Patty Bun Broccoli Cheddar Soup Pasta Salad Peaches Milk	Pot Roast Mashed Potatoes Cooked Carrots Pears & Blueberries Garlic Breadstick Milk
26	27	28	29	30
Chicken Breast Scandinavian Veggie Blend Cucumber Salad Strawberries Croissant Milk	Taco Meat Lettuce Corn Tortilla Applesauce Milk	Ham and Swiss Bun Sweet Potatoes Broccoli Mandarin Oranges Milk	Sloppy Joe Bun Chicken Noodle Soup Tossed Salad Pineapple Milk	Sliced Turkey Mashed Potatoes Red Cabbage Pears Bread Milk

**From the Nutrition Department: Just a few reminders 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 Thank you, if you have any questions please give us a call at the center.**