

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

Phone 419-946-4191 Fax 419-946-1037

FEBRUARY 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Walking Tacos Tropical Fruit Salad Fritos Mexican Brown Rice Milk	2 Chicken Breast Augratin Potatoes Cole Slaw, Strawberries, Mini Sandies, WW Bread & Milk
5 Grilled Chicken Breast, Mashed Potato, Broccoli, Grape Juice WW Bread, Mini Sandies & Milk	6 Chicken Alfredo w/Pasta, Corn, California Blend Vegetables Orange WG Roll & Milk	7 Sliced Turkey Breast, Mashed Potatoes, Succotash, Cinnamon Apples, Vegetable Stuffing, WG Bread & Milk	8 Pizza Patty, Potato Soup, Tossed Salad Malibu Mix Fruit WW Bun Gold Fish Crackers & Milk	9 Hungarian Goulash, Broccoli, Carrots, Pears & Blueberries Bran Muffin & Milk
12 Salisbury Steak Mashed Potatoes Broccoli, Applesauce WG Yeast Roll & Milk	13 Roast Pork, Scalloped Potatoes, Maui Blend Vegetables, Tropical Fruit, WG Roll & Milk	14 Macaroni & Cheese Green Beans California Blend Orange Juice WW Bread & Milk	15 Shredded Chicken Vegetable Beef Barley Soup Mixed Fruit Tossed Salad WG Bun & Milk	16 Cheese Omelet Diced Hash Browns, Apple Juice, Strawberries, WG French Toast, Graham Crackers & Milk
19 Closed In observation of Presidents Day	20 Beef Stroganoff W/ WG Pasta, California Blend Vegetables, Ckd Spinach, Apple, WG Yeast Roll & Milk	21 Chicken Leg Augratin Potatoes Roasted Zucchini Pineapple, Graham Crackers WW Bread & Milk	22 Sloppy Joe Potatoes, Asparagus Soup, Tossed Salad, Fruit Cocktail, WG Bun Milk	23 Lasagna Pears Broccoli Apricots WW Bread Milk
26 Stuffed Pepper/ String Cheese Mashed Potatoes Pears & Blueberries WG Bread, Graham Crackers Milk	27 Roast Beef Mashed Potatoes Peas, Applesauce Vanilla Pudding, WG Bread & Milk	28 Pork Cutlet Mashed Sweet Potatoes, Green Beans, Pineapple WG Roll & Milk		