

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

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

February 2017 Menu

SUGGESTED \$3.00 DONATION

ONE DAY ADVANCE RESERVATIONS REQUIRED

Lunch is served 11:30 until 12:30

Alternative For the week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 thru 3 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk			1 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Pudding Whole Grain Bread Graham Crackers Milk	2 Chili Tossed Salad Cornbread Oyster Crackers Peaches Apple Juice Milk	3 Roasted Turkey Red Skin Potatoes Green Beans Topical Fruit Whole Grain Roll Milk
6 thru 10 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	6 Chicken Drumstick Oven Brown Potatoes Broccoli Fresh Grapes Whole Grain Bread Graham Crackers Milk	7 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice Whole Grain Crackers Jello with Fruit Milk	8 Spaghetti Hot Apple Slices Green Beans Cranberry Juice Bread Stick Milk	9 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	10 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk
13 thru 17 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	13 Ham Baked Potato Cauliflower Banana Graham Cracker Whole Wheat Bread Milk	14 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Cookies Whole Grain Bread Milk	15 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	16 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	17 Honey Mustard Chicken Rice Beets Orange Juice Whole Grain Bread Milk
21 thru 24 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	20 CLOSED FOR PRESIDENT'S DAY	21 Chicken Strips Tossed Salad Ranch Fries Pears Fruit Jello Whole Grain Bread Milk	22 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	23 Lasagna Broccoli Banana Whole Wheat Bread Milk	24 Meatloaf Mac & Cheese Corn Apple Juice Mandarin Oranges Whole Grain Bread Milk
27 thru Mar. 3 Tuna Salad Cheese Cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	27 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk	28 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk		MENU IS SUBJECT TO CHANGE	