

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

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

October 2016 Menu

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk	4 Pulled Pork Sandwich Carrot Raisin Salad Orange Juice Whole Grain Bun Milk	5 Sloppy Joe Sandwich Hot Apple Slices Carrots Cranberry Juice Whole Grain Bun Whole Grain Crackers Milk	6 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	7 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Whole Grain Crackers Milk
10 CLOSED FOR COLUMBUS DAY	11 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Milk	12 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	13 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	14 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
17 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	18 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	19 Lasagna Broccoli Banana Whole Wheat Bread Milk	20 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	21 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk
24 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	25 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	26 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk	27 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	28 Stuffed Pepper Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk
31 Hamloaf Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	MENU IS SUBJECT TO CHANGE			