

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



MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Mashed Potatoes Succotash Fruit Cocktails Bread	2 Chicken Leg Peas and Carrots Mashed Sweet Potatoes Mandarin Oranges Bread	3 Roast Beef Broccoli Butter Beans Pineapple Bread	4 Veal Patty Tomato Basil Soup Potato Rounds Peaches Bun	5 Manicotti with Sauce Italian Blend Cooked Spinach Applesauce Texas Toast
8 Chicken Patty Fruit Mix Green Beans Cauliflower Corn Bun	9 Ham Sweet Potatoes Green Beans Pineapple Cornbread	10 Meatloaf Mashed Potatoes Broccoli Peaches Roll	11 Sliced Turkey Breast Heart Healthy Chili Tossed Salad Mandarin Oranges Bun	12 Mini Pierogis Green Peas Pears Grape Juice Muffin
15 Chicken Breast Asparagus Corn Strawberries Muffin	16 Spaghetti W/ Meat Sauce Green Beans Mandarin Oranges Grapes Garlic Bread	17 Roast Pork Redskin Potatoes Cooked Carrots Cinnamon Apple Crisp Bread	18 Hamburger Potato Rounds Peaches Tossed Salad Bun	19 Cold Deli Meal
22 Chicken Nuggets Sliced Beans Maui Vegetable Blend Pears Bread	23 Beef Stroganoff California Blend Corn Pineapple Bread	24 Pork Cutlet Diced Sweet Potatoes Green Beans Peaches Roll	25 Sloppy Joes Potato Asparagus Soup Tossed Salad Fruit Cocktail Bun	26 Hungarian Goulash Broccoli Cauliflower Cinnamon Apples Bread
29 Shredded Beef Broccoli Scalloped Apples Applesauce Bun	30 Chicken Breast Corn and Black Bean Mix Pears Strawberries Roll			

LUNCH IS SERVED MON.-FRI. 11:30-12:30

MORROW COUNTY SENIOR MOMENTS

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 towards the meal programs.

Thank you, if you have any questions please give us a call at the center.