

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

Monday	Tuesday	Wednesday	Thursday	Friday
Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191				1  Pork Cutlet Brussel Sprouts Cooked Carrots Pears Raisin Bread Milk
4  Pot Roast Mashed Potatoes Corn Applesauce Breadstick Milk	5  Pulled Chicken Bun Steak Fries Cucumber Salad Strawberries Milk	6  Mac & Cheese W/Meatballs California Blend Veggies Sugar Snap Peas Sliced Apples Milk	7  BBQ Riblet Bun Chicken Noodle Soup Tossed Salad Fruit Mix Milk	8  Chicken Breast Baked Beans Corn Pineapple Roll Milk
11  Closed in observation of Veteran's Day	12  Beef Vegetable Stew Mashed Potatoes Three Berry Blend Bread Milk	13  Egg Omelet Diced Hash Browns Grapes Orange Juice Raisin Bread Milk	14  Pizza Patty Bun Potatoes Soup Sliced Beets Fruit Cocktail Milk	15  Chicken Alfredo Broccoli Cooked Carrots Malibu Mix Fruit Milk
18  Chicken Breast Mashed Sweet Potatoes Corn Fruit Mix Muffin Milk	19  Meatloaf Mashed Potatoes Brussel Sprouts Pears Roll Milk	20  Pot Pie Filling Biscuit Yellow Squash Sugar Snap Peas Peaches Milk	21  Shredded Beef Bun Stuffed Pepper Soup Tossed Salad Applesauce Milk	22  Taco Meat Lettuce Corn Tortilla Mandarin Oranges Milk
25  Pulled Pork Bun Potato Rounds California Blend Veggies Fruit Mix Milk	26  Pizza Green Beans Cauliflower Pineapple Graham Crackers Milk	27  Sliced Turkey Breast Mashed Potatoes Prince Charles Veggie Blend Cinnamon Apples Roll Milk	28  Closed in observation of Thanksgiving	29  Closed in observation of Thanksgiving

**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.**
- 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.**

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