

Morrow County Services for Older Citizens
 41 West Center Street, Mount Gilead, OH 43338
 Phone 419-946-4191 Fax 419-946-1037
 July 2017 Menu

| Alternative for the week | Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 thru 7 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk | 3 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Graham Crackers Milk | 4 Closed for Independence Day | 5 Beef & Noodles Mashed Potatoes Mixed Fruit Pineapple Juice Whole Grain Bread Milk | 6 Spaghetti Green Beans Hot apple Slices Cranberry Juice Bread Stick Milk | 7 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk |
| 10 thru 14 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk | 10 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk | 11 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Cookies Milk | 12 Ham Baked Potato Cauliflower Banana Graham Cracker Whole Wheat Bread Milk | 13 Salisbury Steak Mashed Potatoes Succotash Apple Juice Graham Crackers Whole Grain Bread Milk | 14 Honey Mustard Chicken Brown Rice Beets Orange Juice Whole Grain Bread Milk |
| 17 thru 21 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk | 17 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Wheat Bread Milk | 18 Roast Beef Mashed Potatoes Carrots Orange Juice Whole Grain Roll Milk | 19 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk | 20 Lasagna Broccoli Banana WW Bread Milk | 21 Chicken Strips Ranch Fries Tossed Salad Pears Whole Grain Bread Fruit Jello Milk |
| 24 thru 28 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk | 24 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk | 25 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Crackers Whole Grain Bread Milk | 26 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Graham Crackers Whole Grain Bread Pudding Milk | 27 Chili Tossed Salad Peaches Apple Juice Cornbread Oyster Crackers Milk | 28 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk |
| 31 thru 31 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk | 31 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Graham Crackers Whole Grain Bread Milk |  | Suggested \$3.00 Donation One day advance reservations required | Lunch is served 11:30 Until 12:30 |  |