



Area Office on Aging of Northwestern Ohio, Inc.

September 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 9/1/2025 | 9/2/2025 | 9/3/2025 | 9/4/2025 | 9/5/2025 |
| Closed for Holiday | Vegetarian Chili or White Chicken Chili Brown Rice Green Peas Cornbread Chocolate Chip Cookie Milk Diet - Vanilla Wafers | Sloppy Joe Meatballs or Chicken Primavera Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same | Meatloaf w/Gravy or Pork Roast Brown Gravy Buttermilk Potatoes Spring Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same | BBQ Pork Rib Patty or Hamburger Patty Hash Brown Casserole Green Bean Salad Hamburger Bun Peach Cobbler Milk Ketchup Diet - Hot Spiced Peaches |
| 9/8/2025 | 9/9/2025 | 9/10/2025 | 9/11/2025 | 9/12/2025 |
| Swedish Meatballs or Garlic Rosemary Chicken Garlic Rotini Rosemary Carrots Dinner Roll Fresh Fruit Milk Margarine Diet - Same | Chicken Rice Casserole or Ham & White Beans Okra & Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine Diet - Same | Pork Cubes w/Gravy or Baked Chicken Breast w/Gravy Delmonico Potatoes Spinach Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers | Chilaquiles Casserole or Taco Pie Mexican Rice Tossed Salad Corn Tortilla Cherry Red Betty Milk Diet - Spiced Apples Ranch Salad Dressing | Parmesan Chicken or Turkey Divan Au Gratin Potatoes Broccoli Garlic Texas Bread Fresh Fruit Milk Diet - Same |
| 9/15/2025 | 9/16/2025 | 9/17/2025 | 9/18/2025 | 9/19/2025 |
| Cheese Omelet or Meatloaf Brown Gravy Country Potatoes Stewed Tomatoes Biscuit Fresh Fruit Milk Margarine Diet - Same | Salisbury Beef Brown Gravy or Pineapple Glazed Chicken Brown Rice Glazed Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same | Turkey Chef Salad or Ham Chef Salad Pasta Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same | Beef Noodle Casserole or Chicken Cacciatore Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same | Hamburger Patty or BBQ Pork Rib Patty Lettuce Tomato Baked Beans Oven Roasted Potatoes Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup Diet - Vanilla Wafers |
| 9/22/2025 | 9/23/2025 | 9/24/2025 | 9/25/2025 | 9/26/2025 |
| Sweet and Sour Chicken or Beef Stroganoff Lima Beans Winter Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same | Ham & White Beans or Cranberry Dijon Chicken Glazed Carrots Green Beans Amandine Dinner Roll Fresh Fruit Milk Margarine Diet - Same | Teriyaki Meatballs or Pineapple Glazed Chicken Fried Rice Oriental Vegetables Wheat Bread Mandarin Oranges Milk Margarine Diet - Same | Macaroni & Cheese or Beef Fiesta Macaroni Spinach Succotash Wheat Roll Sugar Cookie Milk Margarine Diet - Vanilla Wafers | Smoked Sausage Brown Gravy or Sliced Roast Beef Brown Gravy Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Birthday Cake Milk Margarine Diet - Angel Food Cake |
| 9/29/2025 | 9/30/2025 | Lunch: 11:45am-12:30 Mon-Fri Suggested Donation: \$2.50 or 60+ Under 60: \$5.62 Please Sign up by NOON the day before you would like to have lunch. | |  Nourishment through compassionate care. |
| Hamburger Patty Brown Gravy or Lemon Pepper Chicken Whipped Potatoes Herbed Green Peas Wheat Roll Fresh Fruit Milk Margarine Diet - Same | Chicken Noodle Casserole or Salisbury Beef Brown Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers | | | |

Kim Dommert RD, LD

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Ingredient Information Available
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