



October 2025

Area Office on Aging of Northwestern Ohio, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 TRIO Community Meals Nourishment through compassionate care.		10/1/2025 Pasta Primavera or Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same	10/2/2025 Taco Meat or Fajita Chicken Lettuce Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Diet - Same	10/3/2025 Turkey Chef Salad or Ham Chef Salad Beet Salad Copper Penny Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same
	10/6/2025 Savory Chicken or Spanish Beef Patty Paprika Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/7/2025 Turkey Tetrazzini or Chicken and Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/8/2025 Vegetarian Chili or Beef Chili Baked Potato Broccoli Cornbread Fresh Fruit Milk Margarine Diet - Vanilla Wafers	10/9/2025 Meatball Stroganoff or Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same
	10/13/2025 Swiss Steak or Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/14/2025 Swedish Meatballs or Chicken A La King Ziti Noodles Herbed Green Beans Wheat Roll Pineapple Tidbits Milk Margarine Diet - Same	10/15/2025 Ham Au Gratin Casserole or Savory Beef Patty Collard Greens Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/16/2025 Spanish Beef Patty or Honey Ginger Chicken Confetti Rice Tossed Salad Wheat Bread Cherry Red Betty Milk Margarine Ranch Salad Dressing Diet - Spiced Apples
10/20/2025 Beef Patty w/Gravy/Peppers or Savory Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/21/2025 Sliced Turkey Breast Poultry Gravy or Liver and Onions Whipped Potatoes Mixed Vegetables Wheat Roll Fresh Fruit Milk Margarine Diet - Same	10/22/2025 Chicken Scampi or Beef Italiano Garlic Parmesan Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/23/2025 Spinach Lasagna or Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk Ranch Salad Dressing Margarine Diet - Hot Spiced Peaches	10/24/2025 Sweet & Sour Chicken or Teriyaki Meatballs Fried Rice Ginger Carrots Wheat Bread Fresh Fruit Birthday Cake Milk Margarine Diet - Angel Food Cake
10/27/2025 BBQ Pork Rib Patty or BBQ Chicken Patty Baked Beans Whole Kernel Corn Hamburger Bun Fresh Fruit Milk Diet - Same	10/28/2025 Tuscan Chicken or Savory Beef Patty Rosemary Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/29/2025 Asian Meatballs or Mongolian Chicken Brown Rice Oriental Vegetables Wheat Bread Fortune Cookie Fresh Fruit Milk Margarine Diet - Same	10/30/2025 Pork Roast Brown Gravy or Turkey w/Supreme Sauce Buttermilk Potatoes Medley Cabbage Wheat Roll Fresh Fruit Milk Margarine Diet - Same	10/31/2025 "Halloween Meal" Cheeseburger or BBQ Chicken Crispy Cubed Potatoes Glazed Carrots Hamburger Bun Pumpkin Cake Milk Ketchup Diet - Graham Crackers

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