

Area Office On Aging of Northwestern Ohio, Inc.

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1/2024 Chicken Salad <i>or</i> Ham Salad Potato Salad Broccoli Salad Wheat Hamburger Bun Fresh Fruit Milk Margarine Diet - Same	10/2/2024 Savory Beef Patty <i>or</i> Lemon Pepper Chicken Rice Florentine Mixed Vegetables Multi-Grain Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	10/3/2024 Spinach Lasagna <i>or</i> Beef Spaghetti Sauce Spaghetti Noodles Green Beans Breadstick Apple Crisp Milk Margarine Diet - Hot Spiced Apples	10/4/2024 Chicken A La King <i>or</i> Hamburger Patty w/Mushroom Gravy Brown Rice Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same
10/7/2024 Savory Chicken <i>or</i> Spanish Beef Patty Paprika Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/8/2024 Turkey Tetrizzini <i>or</i> Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/9/2024 Vegetarian Chili <i>or</i> Beef Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	10/10/2024 Meatball Stroganoff <i>or</i> Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	10/11/2024 Glazed Ham <i>or</i> Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Cabbage Wheat Bread Lemon Pudding Milk Margarine Diet - Applesauce
10/14/2024 Swiss Steak <i>or</i> Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	10/15/2024 Swedish Meatballs <i>or</i> Chicken A La King Ziti Noodles Herbed Green Beans Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/16/2024 Ham Au Gratin Casserole <i>or</i> Savory Beef Patty Collard Greens Sliced Carrots Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	10/17/2024 Spanish Beef Patty <i>or</i> Honey Ginger Glazed Chicken Breast Confetti Rice Tossed Salad Wheat Bread Cherry Red Betty Milk Margarine Ranch Salad Dressing Diet - Spiced Apples	10/18/2024 Macaroni & Cheese <i>or</i> White Chicken Chili Stewed Tomatoes Green Peas Saltine Crackers Fruited Gelatin Milk Margarine Diet - Fruit Gelatin
10/21/2024 Beef Patty w/Gravy <i>or</i> Oven Fried Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/22/2024 Chicken w/Mushroom Gravy <i>or</i> Liver and Onions Whipped Potatoes Broccoli Wheat Bread Tropical Fruit Milk Margarine Diet - Same	10/23/2024 Sliced Turkey Breast Poultry Gravy <i>or</i> Beef Patty w/Mushroom Gravy Baked Sweet Potato Mixed Vegetables Wheat Bread Fruited Gelatin Milk Margarine Diet - Fruit Gelatin	10/24/2024 Spinach Lasagna <i>or</i> Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk Ranch Salad Dressing Margarine Diet - Hot Spiced Peaches	10/25/2024 Sweet & Sour Chicken <i>or</i> Teriyaki Meatballs Fried Rice Ginger Carrots Wheat Bread Fresh Fruit Birthday Cake Milk Margarine Diet - Angel Food Cake
10/28/2024 BBQ Pork Rib Patty <i>or</i> BBQ Chicken Patty Baked Beans Whole Kernel Corn Wheat Hamburger Bun Fresh Fruit Milk Diet - Same	10/29/2024 Tuscan Chicken <i>or</i> Savory Beef Patty Rosemary Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/30/2024 Asian Meatballs <i>or</i> Mongolian Chicken Brown Rice Oriental Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/31/2024 ~Halloween Meal~ Cheeseburger Patty <i>or</i> BBQ Chicken Crispy Cubed Potatoes Glazed Carrots Hamburger Bun Mandarin Oranges Milk Ketchup Diet - Same	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

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Ingredient Information Available
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