

Area Office On Aging of Northwestern Ohio, Inc.

APRIL 2024

Reserve your lunch online:

www.sylvaniacommunityservices.org/lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1/2024 Hamburger Pattv OR Honey Mustard Chicken Mashed Potatoes Summer Vegetable Blend Wheat Bread Banana Milk Margarine Diet - Same	4/2/2024 Sausage Pattv OR Cheese Omelet Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Milk Margarine Diet - Same	4/3/2024 Turkey Breast with Gravy OR Creamy Paprika Chicken Macaroni & Cheese Garden Vegetable Blend Wheat Bread Fruited Gelatin Milk Margarine Diet - Same	4/4/2024 Beef Stroganoff OR Glazed Ham Succotash Glazed Carrots Wheat Bread Apple Slices Milk Margarine Diet - Vanilla Wafers	4/5/2024 Vegetable Lasagna OR Beef Spaghetti Casserole Green Peas Whole Kernel Corn Texas Bread Cookies Milk Margarine Diet - Same
4/8/2024 No lunch but center is open	4/9/2024 Chicken Parmesan OR Spanish Beef Patty Baked Potato Broccoli Wheat Bread Strawberry Cake Milk Margarine Diet - Angel Cake	4/10/2024 Sausage with Onions & Peppers OR Chicken with Onions & Peppers Oven Roasted Potatoes Sauerkraut Hot Dog Bun Fresh Fruit Milk Margarine Diet - Same	4/11/2024 Ham, Broccoli, Rice Casserole OR Chicken Noodle Casserole Cauliflower Green Peas Wheat Bread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	4/12/2024 Spinach Lasagna OR Beef Noodle Casserole Whole Kernel Corn Tossed Salad Peach Cobbler Milk Margarine Diet - Hot Spiced Peaches Ranch Salad Dressing
4/15/2024 Honey Mustard Chicken OR Beef with Mushroom Gravy Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	4/16/2024 Hamburger Patty OR BBQ Pork Rib Pattv Baked Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk Margarine Diet - Same	4/17/2024 Chicken Pot Pie OR Beef Cabbage Casserole Whole Kernel Corn Brussel Sprouts Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	4/18/2024 Pork with Supreme Sauce OR Creole Steak Whipped Potatoes Sliced Carrots Wheat Bread Devil's Food Cake Milk Margarine Diet - Angelfood Cake	4/19/2024 Macaroni & Cheese OR Ham, Mac & Cheese Stewed Tomatoes Spinach Cornbread Fresh Fruit Milk Margarine Assorted Jelly Diet - Same
4/22/2024 Meatballs in Mushroom Gravy OR Pineapple Glazed Chicken Cheezy Whipped Potatoes Brussel Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same	4/23/2024 Chicken & Rice Casserole OR Creole Steak Sliced Carrots Winter Vegetable Blend Dinner Roll Brownie Milk Mayonnaise Diet - Graham Crackers	4/24/2024 Taco Pie OR Chilaquiles Casserole Mexican Rice Stewed Tomatoes Flour Tortilla Fresh Fruit Milk Margarine Diet - Same	4/25/2024 Lunch is cancelled. Hot Dog Lunch with Odds & Ends Sale Available for purchase See Main Office for questions	4/26/2024 Beef Pattv w/Gravy/Peppers OR Turkey with Supreme Sauce Garden Rotini Cabbage Wheat Roll Fresh Fruit Pineapple Tidbits Milk Margarine Diet - Same
4/29/2024 Vegetarian Chili OR Beef Chili Baked Potato Green Peas Cornbread Fresh Fruit Milk Margarine Sour Cream Diet - Same	4/30/2024 BBQ Pork Rib Pattv OR Hamburger Pattv Macaroni & Cheese Glazed Carrots Hamburger Bun Fresh Fruit Milk Margarine Ketchup Diet - Same	Lunch:11:45-12:30 Monday-Friday Suggested Donation: \$2.50 for 60+ Under 60: \$5.62 Please sign up by noon the day before you want to eat 419-885-3913 <small>Tammy Kingery, RD, LD</small>	Ingredient Information Available @ 419-382-5791	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>