

Area Office On Aging of Northwestern Ohio, Inc.

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch: 11:45 am - 12:30 pm, Monday - Friday 60+ - \$2.50 Suggested Donation; Under 60 - \$5.62 Reserve online at sylvaniacommunityservices.org/lunch or call 419-885-3913. Sign up by 12 pm the day before you wish to attend.</p>				
<p>11/6/2023 Lemon Pepper Chicken or Savory Beef Patty Oven Roasted Potatoes Okra and Tomatoes Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/7/2023 Cheeseburger Patty or BBQ Pork Rib Patty Lettuce Tomato Scalloped Potatoes Green Beans w/Red Peppers Wheat Hamburger Bun Pineapple Tidbits Milk Mustard Diet - Same</p>	<p>11/1/2023 Creole Steak or Turkey Breast with Gravy Ranch Potatoes Broccoli with Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/2/2023 Taco Meat or Taco Chicken Lettuce Tomato Mexican Rice Mixed Beans Fresh Fruit Flour Tortilla Milk Taco Sauce Sour Cream Diet - Same</p>	<p>11/3/2023 Mushroom Beef or Chicken Noodle Casserole Herbed Green Peas Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>
<p>11/13/2023 Savory Chicken or Spanish Beef Patty Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same</p>	<p>11/14/2023 Italian Macaroni with Meat or Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/8/2023 Pork Roast Pork Sauce or Mushroom Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/9/2023 Chilaquiles Casserole or Taco Pie Scalloped Tomatoes Green Beans Cornbread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/10/2023 Honey Mustard Chicken or Salisbury Beef Brown Gravy Baked Sweet Potato Zucchini and Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers</p>
<p>11/20/2023 Pork with Supreme Sauce or Swiss Steak Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers</p>	<p>11/21/2023 Swedish Meatballs or Chicken A La King Rotini Noodles French Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/15/2023 Vegetarian Chili or Beef Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers</p>	<p>11/16/2023 Meatball Stroganoff or Chicken Vegetable Stew Brown Rice Peas with Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/17/2023 Glazed Ham or Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Cabbage Wheat Bread Birthday Cake Milk Margarine Diet - Angel Food Cake</p>
<p>11/27/2023 Beef Patty w/Gravy and Peppers or Oven Fried Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same</p>	<p>11/28/2023 BBQ Chicken Breast or Liver and Onions Whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same</p>	<p>11/22/2023 ~Thanksgiving Meal~ Sliced Turkey Breast Poultry Gravy or Sliced Ham Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet - Angel Food Cake</p>	<p>11/23/2023 Closed for Holiday</p>	<p>11/24/2023 Closed for Holiday</p>
<p>11/29/2023 Sliced Turkey Breast Poultry Gravy or Mushroom Beef Baked Sweet Potato Mixed Vegetables Wheat Bread Fruited Gelatin Milk Margarine Diet - Fruited Gelatin</p>	<p>11/30/2023 Spinach Lasagna or Spaghetti Sauce with Meat Spaghetti Noodles Tossed Salad Garlic Texas Bread Hot Cinnamon Applesauce Milk Ranch Salad Dressing Margarine Diet - Same</p>	 <p>TRIO Community Meals an elior company</p>		

Summi Kingery, RD, LD