

Area Office On Aging of Northwestern Ohio, Inc.

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch: 11:45-12:30 Monday-Friday Suggested Donation: \$2.50 for 60+ Under 60: \$5.62</p> <p>Please sign up by Noon the day before you want to have lunch</p> <p>419-885-3913</p>		3/1/2023	3/2/2023	3/3/2023
		Beef with Mushroom Gravy	Chicken Stir Fry	Cheese Omelet
		or	or	or
		Creamy Paprika Chicken	Asian Meatballs	Sausage Patty
		Whipped Potatoes	Brown Rice	Oven Roasted Potatoes
		Green Beans	Green Peas	Orange Juice
		Wheat Bread	Multi-Grain Bread	Biscuit
		Fresh Fruit	Pineapple Tidbits	Hot Cinnamon Applesauce
		Milk	Milk	Milk
		Margarine	Margarine	Margarine
Diet - Same	Diet - Same	Assorted Jelly		
		Diet - Same		
3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
Honey Mustard Chicken	Hamburger Patty	Meat Italian Macaroni	Pork with Supreme Sauce	Macaroni and Cheese
or	or	or	or	or
Spanish Beef Patty	Breaded Chicken Patty	Mozzarella Chicken	Mushroom Chicken	Liver and Onions
Whipped Potatoes	Crispy Cubed Potatoes	Broccoli and Cauliflower	Whipped Potatoes	Stewed Tomatoes
Peas with Red Peppers	Lettuce Tomato Pickle	Whole Kernel Corn	Green Beans	Mixed Vegetables
Wheat Roll	Hamburger Bun	Multi-Grain Bread	Wheat Bread	Wheat Roll
Fresh Fruit	Apple Crisp	Fruited Gelatin	Blueberry Crumb Cake	Fresh Fruit
Milk	Milk	Milk	Milk	Milk
Margarine	Mayonnaise	Margarine	Margarine	Margarine
Diet - Same	Diet - Hot Sliced Apples	Diet - Fruited Gelatin	Diet - Angel Food Cake	Diet - Same
3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
Meatloaf	Chicken Rice Casserole	Pork with Supreme Sauce	St. Patrick's Day	Lunch Cancelled
Brown Gravy	or	or	Shepherd's Pie	
or	Creole Steak	Turkey with Supreme Sauce	or	Anniversary Lunch
Pineapple Chicken	Carrots Amandine	Macaroni and Cheese	Corned Beef	
Cheesy Potatoes	Green and Red Cabbage	Broccoli	Cabbage	\$3.00 a Ticket
Green Beans	Multi-Grain Bread	Wheat Bread	Sliced Carrots	
Wheat Bread	Fresh Fruit	Pineapple Tidbits	Wheat Bread	Please See the Office
Fresh Fruit	Milk	Milk	Cherry Whip	for more info
Milk	Margarine	Margarine	Milk	or to buy a ticket!
Margarine Diet - Same	Diet - Same	Diet - Same	Margarine	
3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
Teriyaki Meatballs	Lemon Pepper Chicken	Beef Chili	Turkey Breast with Gravy	Pasta Primavera
or	or	or	or	or
Chicken Cordon Bleu	Pork Roast	Breaded Chicken Patty	Pepper Beef Steak	Meat Noodle Casserole
Oven Roasted Potatoes	Lemon Herb Sauce	Country Gravy	Country Potatoes	Green Beans w/Red Peppers
Oriental Vegetables	Au Gratin Rotini	Baked Potato	California Vegetable Blend	Sliced Carrots
Wheat Bread	Mixed Vegetables	Green Peas	Wheat Roll	Wheat Bread
Fresh Fruit	Wheat Bread	Wheat Bread	Fresh Fruit	Birthday Cake
Milk	Fresh Fruit	Fruited Gelatin	Milk	Milk
Margarine	Milk	Milk	Margarine	Margarine
Diet - Same	Margarine	Margarine	Diet - Same	Diet - Angel Food Cake
		Diet - Fruited Gelatin		
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
Taco Meat	Meatballs with Spaghetti Sauce	Turkey Breast with Gravy	Mozzarella Chicken	Vegetarian Chili
or	or	or	or	or
Fajita Chicken	Chicken Marsala	Beef with Pepper Gravy	Roast Beef with Gravy	Ham and White Beans
Shredded Cheese	Spaghetti Noodles	Whipped Potatoes	Oven Roasted Potatoes	Stewed Tomatoes
Lettuce Tomato	Summer Vegetable Blend	Brussel Sprouts	Glazed Carrots	Garden Vegetable Blend
Mexican Rice	Wheat Roll	Wheat Bread	Multi-Grain Bread	Cornbread
Mixed Beans	Fresh Fruit	Fresh Fruit	Sugar Cookie	Pineapple Tidbits
Flour Tortilla	Milk	Milk	Milk	Milk
Fresh Fruit	Margarine	Margarine	Margarine	Margarine
Milk	Diet - Same	Diet - Same	Diet - Vanilla Wafers	Diet - Same
Taco Sauce				
Sour Cream				
Diet - Same				

Sammy K. Gray, RD, LD