

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

JULY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022
Closed for Holiday	Chicken Noodle Casserole OR Beef with Mushroom Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine	Pasta Primavera OR Sliced Ham Baked Sweet Potato Garden Vegetable Blend Wheat Bread Fruit Mix Milk Margarine	Taco Meat OR Fajita Chicken Mexican Rice Mixed Beans Sour Cream/Taco Sauce Fresh Fruit Milk Lettuce/Tomato	Turkey Chef Salad OR Ham Chef Salad Marinated Carrot Salad 2 Pkgs of Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Packet Diet - Same
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022
Pork Roast with Pork Sauce OR Mushroom Chicken Brown Rice Brussel Sprouts Dinner Roll Fresh Fruit Milk Margarine Diet - Same	Beef Italiano OR Honey Mustard Chicken Baked Potato Broccoli & Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Lemon Pepper Chicken OR Savory Beef Patty Oven Roasted Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	Spinach Lasagna OR Meat Spaghetti Sauce Spaghetti Noodles Green Beans Breadstick Apple Crisp Milk Margarine Diet - Spiced Applesauce	Chicken A la King OR Beef with Gravy Whipped Potatoes Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022
Swiss Steak OR Garlic Rosemary Chicken Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	Vegetarian Chili OR White Chicken Chili Brown Rice Stewed Tomatoes Cornbread Chocolate Chip Cookie Milk Margarine Diet - Vanilla Wafers	Sloppy Joe Meatballs OR Chicken Primavera Whole Kernel Corn Brussel Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Turkey with Supreme Sauce OR Pork Roast/Onion Gravy Buttermilk Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet - Same	BBQ Pork Rib Patty OR BBQ Chicken Patty Green Beans Potato Wedges Wheat Hamburger Bun Muffin Milk Diet - Angel Food Cake
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022
Swedish Meatballs OR Parmesan Chicken Garlic Rotini Rosemary Carrots Wheat Bread Cinnamon Applesauce Milk Margarine Diet - Same	Chicken Rice Casserole OR Ham & White Beans Okra and Tomatoes Mixed Cabbage and Carrots Cornbread Fresh Fruit Milk Margarine Diet - Same	Glazed Ham OR Baked Chicken/Chicken Gravy Whipped Potatoes Spinach Wheat Bread Muffin Milk Margarine Diet - Angel Food Cake	Chilaquiles Casserole OR Taco Pie Mexican Rice Hot Cherry Apple Betty Tossed Salad Flour Tortilla Milk Ranch Salad Dressing Packet Diet - Spiced Applesauce	Garlic Rosemary Chicken OR Turkey Divan Au Gratin Potatoes Whole Kernel Corn Garlic Breadstick Fresh Fruit Milk Margarine Diet - Same