



# July 2025

## Area Office on Aging of Northwestern Ohio, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	47/1/2025	7/2/2025	7/3/2025	7/4/2025
 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>	Sausage Patty <b>or</b> Cheese Omelet Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Milk Margarine Assorted Jelly Diet - Same	Turkey Breast w/Gravy <b>or</b> Creamy Paprika Chicken Macaroni and Cheese Garden Vegetables Wheat Roll Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	<b>~Independence Day Meal~</b> Hamburger <b>or</b> BBQ Pork Riblet Oven Roasted Potatoes Baked Beans Hamburger Bun Fresh Fruit Milk Diet - Same	<b>Closed for Holiday</b>
7/7/2025	7/8/2025	7/9/2025	7/10/2025	7/11/2025
Hamburger Patty Brown Gravy <b>or</b> Lemon Pepper Chicken Whipped Potatoes Herbed Green Peas Wheat Roll Fresh Fruit Milk Margarine Diet - Same	Chicken Noodle Casserole <b>or</b> Salisbury Beef Brown Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers	Pasta Primavera <b>or</b> Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same	Taco Meat <b>or</b> Fajita Chicken Lettuce   Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Diet - Same	Turkey Chef Salad <b>or</b> Ham Chef Salad Beet Salad Copper Penny Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same
7/14/2025	7/15/2025	7/16/2025	7/17/2025	7/18/2025
Pork w/Supreme Sauce <b>or</b> Baked Chicken Breast Poultry Gravy Twice Whipped Potatoes Brussels Sprouts Dinner Roll Fresh Fruit Milk Margarine Diet - Same	Chicken A La King <b>or</b> Hamburger Patty Mushroom Gravy Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Savory Beef Patty <b>or</b> Liver and Onions Whipped Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Spinach Lasagna <b>or</b> Beef Spaghetti Sauce Spaghetti Noodles Broccoli Garlic Texas Bread Apple Crisp Milk Diet - Spiced Apples	Chicken Salad <b>or</b> Ham Salad Potato Salad Coleslaw Wheat Hamburger Bun Pineapple Tidbits Milk Diet - Same
7/21/2025	7/22/2025	7/23/2025	7/24/2025	7/25/2025
Swiss Steak <b>or</b> Savory Chicken Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	Vegetarian Chili <b>or</b> White Chicken Chili Brown Rice Green Peas Cornbread Chocolate Chip Cookie Milk Diet - Vanilla Wafers	Sloppy Joe Meatballs <b>or</b> Chicken Primavera Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Meatloaf w/Gravy <b>or</b> Pork Roast Brown Gravy Buttermilk Potatoes Spring Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same	BBQ Pork Rib Patty <b>or</b> Hamburger Patty Hash Brown Casserole Green Bean Salad Hamburger Bun Birthday Cake Milk Ketchup Diet - Angel Food Cake
7/28/2025	7/29/2025	7/30/2025	7/31/2025	
Swedish Meatballs <b>or</b> Garlic Rosemary Chicken Garlic Rotini Rosemary Carrots Dinner Roll Fresh Fruit Milk Margarine Diet - Same	Chicken Rice Casserole <b>or</b> Ham & White Beans Okra & Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine Diet - Same	Pork Cubes w/Gravy <b>or</b> Baked Chicken Breast w/Gravy Delmonico Potatoes Spinach Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	Chilaquiles Casserole <b>or</b> Taco Pie Mexican Rice Tossed Salad Corn Tortilla Cherry Red Betty Milk Diet - Spiced Apples Ranch Salad Dressing	

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