



# AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

## JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>7/1/2021</b> <i>~Independence Day Meal~</i> BBQ Pork Rib Patty Baked Beans Coleslaw Hamburger Bun Apple Cobbler Milk Diet - Hot Apples	<b>7/2/2021</b>  <p style="text-align: center;"><b>No Lunch</b></p> Center is open for usual Friday activities
<b>7/5/2021</b>  <p style="text-align: center;"><b>No Lunch</b></p> Center is closed.  Happy 4th!	<b>7/6/2021</b> Chicken Noodle Casserole Brussel Sprouts & Carrots Whole Kernel Corn Texas Bread Applesauce Milk Margarine Diet - Same	<b>7/7/2021</b> Pasta Primavera Sweet Potatoes & Brown Sugar California Vegetable Blend Wheat Roll Sugar Cookie Milk Margarine Diet - Graham Crackers	<b>7/8/2021</b> Taco Beef Lettuce and Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Sour Cream Diet - Same	<b>7/9/2021</b> Chef Salad (turkey ham & turkey) Three Bean Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same
<b>7/12/2021</b> Pork Roast with Sauce Brown Rice Brussel Sprouts Dinner Roll Fresh Fruit Milk Margarine Diet - Same	<b>7/13/2021</b> Beef Italiano Baked Sweet Potato Broccoli and Carrots Wheat Roll Fresh Fruit Milk Margarine Diet - Same	<b>7/14/2021</b> Lemon Pepper Chicken Oven Roasted Potatoes Okra and Tomatoes Multi-Grain Bread Chocolate Chip Cookie Milk Margarine Diet - Vanilla Wafers	<b>7/15/2021</b> Spinach Lasagna Green Beans Tossed Salad Breadstick Apple Crisp Milk Margarine Ranch Salad Dressing Diet - Hot Spiced Apples	<b>7/16/2021</b> Chicken A La King Whipped Potatoes Sliced Carrots Wheat Roll Fresh Fruit Milk Margarine Diet - Same
<b>7/19/2021</b> Swiss Steak Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	<b>7/20/2021</b> Vegetarian Chili Brown Rice Zucchini Saltine Crackers Chocolate Chip Cookie Milk Diet - Vanilla Wafers	<b>7/21/2021</b> Sloppy Joe Meatballs Whole Kernel Corn Brussel Sprouts Breadstick Fresh Fruit Milk Margarine Diet - Same	<b>7/22/2021</b> Turkey with Supreme Sauce Buttermilk Potatoes Spring Vegetable Blend Wheat Roll Fresh Fruit Milk Margarine Diet - Same	<b>7/23/2021</b> BBQ Pork Rib Patty Green Beans Potato Wedges Wheat Hamburger Bun Cherry Strudel Bars Milk Diet - Angel Food Cake
<b>7/26/2021</b> Swedish Meatballs Garlic Rotini Rosemary Carrots Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	<b>7/27/2021</b> Chicken and Rice Casserole Herbed Green Beans Mixed Cabbage and Carrots Cornbread Fresh Fruit Milk Margarine Diet - Same	<b>7/28/2021</b> Baked Chicken with Gravy Whipped Potatoes Spinach Wheat Roll Devil's Food Cake/Cherry Filling Milk Margarine Diet - Angel Food Cake	<b>7/29/2021</b> Chilaquiles Casserole Mexican Rice Tossed Salad Flour Tortilla Hot Cherry Red Betty Milk Assorted Salad Dressing Diet - Hot Spiced Apples	<b>7/30/2021</b> Garlic Rosemary Chicken Au Gratin Potatoes Whole Kernel Corn Garlic Breadstick Fresh Fruit Milk Margarine Diet - Same

Lucas County Senior  
Nutrition Program Meal  
Service 419-385-2532

Tammy Kingery, RD, LD

Ingredient Information Available  
@ 419-382-5791