

July

Area Office on Aging of Northwestern Ohio, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Nourishment through compassionate care.		7/1/2026 Turkey Breast w/Gravy or Creamy Paprika Chicken Macaroni and Cheese Garden Vegetables Wheat Roll Fruited Gelatin Milk Margarine Diet - SF Fruited Gelatin	7/2/2026 "Independence Day Meal" Hamburger or BBQ Pork Riblet Oven Roasted Potatoes Baked Beans Hamburger Bun Fresh Fruit Milk Diet - Same	7/3/2026 Closed for Holiday
7/6/2026 Hamburger Patty Mushroom Gravy or Lemon Pepper Chicken Whipped Potatoes Herbed Green Peas Wheat Roll Fresh Fruit Milk Margarine Diet - Same	7/7/2026 Chicken Noodle Casserole or Salisbury Beef w/Au Jus Spinach Whole Kernel Corn Wheat Bread Cookie Milk Margarine Diet - Graham Crackers	7/8/2026 Turkey Chef Salad or Ham Chef Salad Beet Salad Copper Penny Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same	7/9/2026 Taco Meat or Fajita Chicken Lettuce Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Diet - Same	7/10/2026 Pasta Primavera or Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same
7/13/2026 Baked Chicken Breast w/Southwest Ancho Sauce or Pork w/Supreme Sauce Garden Medley Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk Margarine Diet - Same	7/14/2026 Savory Beef Patty or Liver and Onions Whipped Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	7/15/2026 Chicken Salad or Ham Salad Potato Salad Coleslaw Dinner Roll Pineapple Tidbits Milk Diet - Same	7/16/2026 Spinach Lasagna or Beef Spaghetti Sauce Spaghetti Noodles Broccoli Garlic Texas Bread Apple Crisp Milk Diet - Spiced Apples	7/17/2026 Chicken A La King or Hamburger Patty Mushroom Gravy Loaded Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same
7/20/2026 Swiss Steak or Savory Chicken Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	7/21/2026 Vegetarian Chili or White Chicken Chili Brown Rice Green Peas Cornbread Cookie Milk Diet - Vanilla Wafers	7/22/2026 Sloppy Joe Meatballs or Chicken Primavera Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same	7/23/2026 Meatloaf w/Gravy or Pork Fritter Brown Gravy Buttermilk Potatoes Spring Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same	7/24/2026 BBQ Chicken or Turkey Burger O'Brien Potatoes Green Bean Salad Hamburger Bun Peach Cobbler Milk BBQ Sauce Diet - Hot Spiced Peaches
7/27/2026 Swedish Meatballs or Garlic Rosemary Chicken Garlic Rotini Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same	7/28/2026 Chicken Rice Casserole or Ham & White Beans Okra & Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine Diet - Same	7/29/2026 Egg Salad or Turkey Salad Corn Salad California Vegetable Salad Dinner Roll Cookie Milk Diet - Graham Crackers	7/30/2026 Chicken Breast Thai Chili Sauce or Sweet N Sour Pork Confetti Rice Broccoli Wheat Bread Applesauce Milk Margarine Diet - Same	7/31/2026 Turkey Divan or Parmesan Chicken Parsley Spaghetti Noodles Spinach WG Bread Fresh Fruit Milk Diet - Same

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