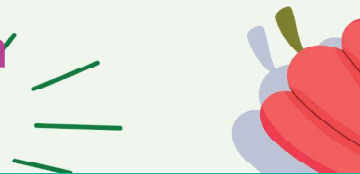




November 2025

Area Office on Aging of Northwestern Ohio, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3/2025 Beef Stroganoff <i>or</i> Pineapple Glazed Chicken Whipped Potatoes Green Beans Wheat Roll Fresh Fruit Milk Margarine Diet - Same	11/4/2025 Macaroni & Cheese <i>or</i> Beef Fiesta Macaroni Herbed Green Peas Copper Penny Salad Wheat Bread Pear Crisp Milk Margarine Diet - Hot Pears	11/5/2025 Creole Steak <i>or</i> Turkey Breast w/Gravy Whipped Sweet Potatoes Broccoli w/Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/6/2026 Taco Meat <i>or</i> Picante Chicken Mexican Rice Lettuce/Tomato Hot Spiced Fruit Flour Tortilla Milk Taco Sauce Sour Cream Diet - Same	11/7/2025 Chicken Noodle Casserole <i>or</i> Mushroom Beef Chuckwagon Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same
11/10/2025 Lemon Pepper Chicken <i>or</i> Savory Beef Patty Northern Beans Okra & Tomatoes Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/11/2025 Hamburger <i>or</i> BBQ Pork Rib Patty Oven Roasted Potatoes Lettuce/Tomato Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Diet - Same	11/12/2025 Pork Roast Pork Sauce <i>or</i> Mushroom Chicken Lima Beans Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/13/2025 Chilaquiles Casserole <i>or</i> Taco Pie Whole Kernel Corn Green Beans Cornbread Fresh Fruit Milk Margarine Diet - Same	11/14/2025 Salisbury Beef Brown Gravy <i>or</i> Honey Mustard Chicken Rice Florentine Cauliflower Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers
11/17/2025 Savory Chicken <i>or</i> Spanish Beef Patty Paprika Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	11/18/2025 Turkey Tetrazzini <i>or</i> Chicken and Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/19/2025 Vegetarian Chili <i>or</i> Beef Chili Baked Potato Broccoli Cornbread Fresh Fruit Milk Margarine Diet - Vanilla Wafers	11/20/2025 Meatball Stroganoff <i>or</i> Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	11/21/2025 Glazed Ham <i>or</i> Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Cabbage Wheat Roll Fresh Fruit Milk Margarine Diet - Same
11/24/2025 Swiss Steak <i>or</i> Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/25/2025 Swedish Meatballs <i>or</i> Chicken A La King Ziti Noodles Herbed Green Beans Wheat Roll Pineapple Tidbits Milk Margarine Diet - Same	11/26/2025 <i>~Thanksgiving Day Meal~</i> Sliced Turkey Breast Poultry Gravy <i>or</i> Sliced Ham Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet - Angel Food Cake	11/27/2025 Closed for Holiday	11/28/2025 Macaroni & Cheese <i>or</i> White Chicken Chili Stewed Tomatoes Green Peas Saltine Crackers Fresh Fruit Birthday Cake Milk Margarine Diet - Angel Food Cake
				 Nourishment through compassionate care.

Kim Dommer RD, LD
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Ingredient Information Available
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