Area Office on Aging of Northwestern Ohio, Inc.

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2/2026	**11/3/2026**	**11/4/2026**	**11/5/2026**	**11/6/2026**
Pineapple Glazed Chicken ***or*** Beef Stroganoff Whipped Potatoes Green Peas Wheat Roll Fresh Fruit Milk Margarine Diet - Same	Cheese Ravoili w/Marinara ***or*** Beef Fiesta Macaroni Carrots Broccoli Wheat Bread Peaches Milk Margarine Diet - Same	Turkey Breast w/Gravy ***or*** Creole Steak Whipped Sweet Potatoes Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Taco Meat ***or*** Picante Chicken Mexican Rice Lettuce/Tomato Flour Tortilla Pear Crisp Milk Taco Sauce Sour Cream Diet - Warm Spiced Pears	Chicken Linguini Mild Spice ***or*** Mushroom Beef Chuckwagon Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same
11/9/2026	**11/10/2026**	**11/11/2026**	**11/12/2026**	**11/13/2026**
Greek Chicken ***or*** Savory Beef Patty Lima Beans Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Hamburger w/Swiss Cheese ***or*** Chicken Patty w/ Buffalo Ranch Sauce Oven Roasted Potatoes Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Diet - Same	Pork Roast Pork Sauce ***or*** Mushroom Chicken Northern Beans Okra & Tomatoes Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Vegetable Fried Rice ***or*** Beef Patty w/Peppers Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Salisbury Beef Brown Gravy ***or*** Honey Mustard Chicken Rice Florentine Cauliflower Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers
11/16/2026	**11/17/2026**	**11/18/2026**	**11/19/2026**	**11/20/2026**
Chicken w/Tarragon Sauce ***or*** Beef Patty w/Steakhouse Sauce Whipped Sweet Potatoes Brussels Sprouts Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	Turkey Tetrazzini ***or*** Chicken and Rice Casserole Parslied Carrots Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Vegetarian Chili ***or*** Beef Chili Baked Potato Broccoli Cornbread Fresh Fruit Milk Margarine Diet - Same	Meatball Stroganoff ***or*** Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	Pork Carnitas ***or*** Turkey Tacos Cilantro Corn Pinto Beans Tortillas Birthday Cake Milk Margarine Diet - Angel Food Cake
11/23/2026	**11/24/2026**	**11/25/2026**	**11/26/2026**	**11/27/2026**
Swiss Steak ***or*** Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Chicken Ziti ***or*** Swedish Meatballs w/Noodles Herbed Green Beans Wheat Roll Pineapple Tidbits Milk Margarine Diet - Same	***~Thanksgiving Day Meal~*** Sliced Turkey Breast Poultry Gravy ***or*** Sliced Ham Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet - Angel Food Cake	**Closed for Holiday**	**Closed for Holiday**
11/30/2026				
Chicken Thai Curry ***or*** Teriyaki Meatballs Parslied Brown Rice Ginger Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same				TRIO Community Meals **Nourishment through compassionate care.**

Briana Cates, MS, RD, LD

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Ingredient Information Available @ 419-382-5791