

October

Area Office on Aging of Northwestern Ohio, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1/2026 Taco Meat <i>or</i> Fajita Chicken Lettuce Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Diet - Same	10/2/2026 Pasta Primavera <i>or</i> Turkey Breast w/Gravy Mashed Sweet Potatoes Green Beans Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same
10/5/2026 Chicken w/Tarragon Sauce <i>or</i> Beef Patty w/Steakhouse Sauce Whipped Sweet Potatoes Brussels Sprouts Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/6/2026 Turkey Tetrazzini <i>or</i> Chicken and Rice Casserole Parslied Carrots Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/7/2026 Vegetarian Chili <i>or</i> Beef Chili Baked Potato Broccoli Cornbread Fresh Fruit Milk Margarine Diet - Same	10/8/2026 Meatball Stroganoff <i>or</i> Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	10/9/2026 Pork Carnitas <i>or</i> Turkey Tacos Cilantro Corn Pinto Beans Tortillas Fresh Fruit Milk Margarine Diet - Same
10/12/2026 Swiss Steak <i>or</i> Pork w/Horseradish Sauce Delmonico Potatoes Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/13/2026 Chicken Ziti <i>or</i> Swedish Meatballs w/Noodles Herbed Green Beans Wheat Roll Pineapple Tidbits Milk Margarine Diet - Same	10/14/2026 Glazed Ham <i>or</i> Savory Beef Collard Greens Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/15/2026 Chicken w/Honey Glaze <i>or</i> Spanish Beef Patty Confetti Rice Tossed Salad Wheat Bread Cherry Red Betty Milk Margarine Ranch Salad Dressing Diet - Spiced Apples	10/16/2026 Macaroni & Cheese <i>or</i> Turkey Chili w/Root Vegetables Stewed Tomatoes Green Peas Saltine Crackers Fresh Fruit Milk Margarine Diet - Same
10/19/2026 Chicken Thai Curry <i>or</i> Teriyaki Meatballs Parslied Brown Rice Ginger Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/20/2026 Sliced Turkey Breast Poultry Gravy <i>or</i> Liver and Onions Whipped Potatoes Mixed Vegetables Wheat Roll Fresh Fruit Milk Margarine Diet - Same	10/21/2026 Chicken Scampi <i>or</i> Beef Italiano Garlic Parmesan Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/22/2026 Spinach Lasagna <i>or</i> Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk Ranch Salad Dressing Margarine Diet - Hot Spiced Peaches	10/23/2026 Pork Egg Roll in a Bowl <i>or</i> Southwest Chicken Garden Medly Rice Green Peas Wheat Bread Birthday Cake Milk Margarine Diet - Angel Food Cake
10/26/2026 BBQ Pork Rib Patty <i>or</i> BBQ Chicken Patty Baked Beans Whole Kernel Corn Hamburger Bun Fresh Fruit Milk Diet - Same	10/27/2026 Tuscan Chicken <i>or</i> Savory Beef Patty Rosemary Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/28/2026 Asian Meatballs <i>or</i> Mongolian Chicken Brown Rice Oriental Vegetables Wheat Bread Fortune Cookie Fresh Fruit Milk Margarine Diet - Same	10/29/2025 Turkey w/Supreme Sauce <i>or</i> Pork w/Apple Cider Sauce Quinoa Medley Cabbage Wheat Roll Fresh Fruit Milk Margarine Diet - Same	10/30/2026 ~Halloween Meal~ Cheeseburger <i>or</i> BBQ Chicken Crispy Cubed Potatoes Glazed Carrots Hamburger Bun Oreo Brownie Milk Ketchup Diet - Graham Crackers