

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022 Savory Chicken <i>or</i> Spanish Beef Patty Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/4/2022 Meat Italian Macaroni <i>or</i> Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/5/2022 Beef Chili <i>or</i> Vegetarian Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	10/6/2022 Meatball Stroganoff <i>or</i> Chicken Vegetable Stew Brown Rice Peas with Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	10/7/2022 Glazed Ham <i>or</i> Sliced Turkey Breast Chicken Gravy Brown Rice Whipped Sweet Potatoes Cabbage Wheat Bread Lemon Pudding Milk Margarine Diet - Applesauce
10/10/2022 Pork with Supreme Sauce <i>or</i> Swiss Steak Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	10/11/2022 Swedish Meatballs <i>or</i> Chicken A La King Rotini Noodles French Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/12/2022 Chicken with Gravy <i>or</i> Savory Beef Patty Country Corn Sliced Carrots Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	10/13/2022 Spanish Beef Patty <i>or</i> Chicken Marsala Fettuccini Noodles Spinach Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/14/2022 Macaroni and Cheese <i>or</i> White Chicken Chili Stewed Tomatoes Green Peas Saltine Crackers Fruited Gelatin Milk Margarine Diet - Fruit Gelatin
10/17/2022 Beef with Peppers and Gravy <i>or</i> Oven Fried Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/18/2022 BBQ Chicken Patty <i>or</i> Liver and Onions Whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	10/19/2022 Sliced Turkey Breast Turkey Gravy <i>or</i> Beef with Mushroom Gravy Baked Sweet Potato Mixed Vegetables Wheat Bread Fruited Gelatin Milk Margarine Diet - Fruit Gelatin	10/20/2022 Spinach Lasagna <i>or</i> Meat Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Hot Cinnamon Applesauce Milk Assorted Salad Dressing Margarine Diet - Same	10/21/2022 Honey Mustard Chicken <i>or</i> Teriyaki Meatballs Parslied Rice Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same
10/24/2022 BBQ Pork Rib Patty <i>or</i> BBQ Chicken Patty Baked Beans Whole Kernel Corn Wheat Hamburger Bun Fresh Fruit Milk Diet - Same	10/25/2022 Creamy Paprika Chicken <i>or</i> Savory Beef Patty Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/26/2022 Asian Meatballs <i>or</i> Chicken Stir Fry Brown Rice Ginger Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	10/27/2022 Turkey with Supreme Sauce <i>or</i> Pork Roast Brown Gravy Buttermilk Potatoes Green Beans Wheat Bread Strawberry Cake Milk Margarine Diet - Angel Food Cake	10/28/2022 Cheese Omelet <i>or</i> Sausage Patty Oven Roasted Potatoes Orange Juice Biscuit Hot Pineapple Tidbits Birthday Cake Milk Margarine Assorted Jelly Diet - Angel Food Cake
10/31/2022 ~Halloween Meal~ Hamburger Patty <i>or</i> BBQ Chicken Patty Crispy Cubed Potatoes Glazed Carrots Hamburger Bun Pineapple Tidbits Milk Diet - Same				

Tammy Kingery, RD, LD

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Ingredient Information Available
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AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/1/2022 Macaroni and Cheese <i>or</i> Meat Fiesta Macaroni Stewed Tomatoes Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	11/2/2022 Creole Steak <i>or</i> Turkey Breast with Gravy Ranch Potatoes Broccoli with Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/3/2022 Meat Taco <i>or</i> Chicken Taco Lettuce Tomato Mexican Rice Mixed Beans Fresh Fruit Flour Tortilla Milk Taco Sauce Sour Cream Diet - Same	11/4/2022 Beef with Mushroom Gravy <i>or</i> Chicken Noodle Casserole Herbed Green Peas Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same
11/7/2022 Lemon Pepper Chicken <i>or</i> Savory Beef Patty Oven Roasted Potatoes Okra and Tomatoes Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	11/8/2022 Hamburger Patty <i>or</i> BBQ Pork Rib Patty Lettuce Tomato Scalloped Potatoes Green Beans with Red Peppers Wheat Hamburger Bun Pineapple Tidbits Milk Mustard Diet - Same	11/9/2022 Pork Roast Pork Sauce <i>or</i> Mushroom Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/10/2022 Chilaquiles Casserole <i>or</i> Taco Pie Scalloped Tomatoes Green Beans Cornbread Fresh Fruit Milk Margarine Diet - Same	11/11/2022 Honey Mustard Chicken <i>or</i> Pepper Beef Steak Baked Sweet Potato Zucchini and Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers
11/14/2022 Savory Chicken <i>or</i> Spanish Beef Patty Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	11/15/2022 Meat Italian Macaroni <i>or</i> Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/16/2022 Beef Chili <i>or</i> Vegetarian Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	11/17/2022 Meatball Stroganoff <i>or</i> Chicken Vegetable Stew Brown Rice Peas with Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	11/18/2022 Glazed Ham <i>or</i> Sliced Turkey Breast Chicken Gravy Whipped Sweet Potatoes Cabbage Wheat Bread Birthday Cake Milk Margarine Diet - Angel Food Cake
11/21/2022 Pork with Supreme Sauce <i>or</i> Swiss Steak Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	11/22/2022 Swedish Meatballs <i>or</i> Chicken A La King Rotini Noodles French Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/23/2022 <i>~Thanksgiving Meal~</i> Sliced Turkey Breast Turkey Gravy <i>or</i> Sliced Ham Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet - Angel Food Cake	11/24/2022 <i>Closed for Holiday</i>	11/25/2022 <i>Closed for Holiday</i>
11/28/2022 Beef with Peppers and Gravy <i>or</i> Oven Fried Chicken Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/29/2022 BBQ Chicken Patty <i>or</i> Liver and Onions Whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	11/30/2022 Sliced Turkey Breast Turkey Gravy <i>or</i> Beef with Mushroom Gravy Baked Sweet Potato Mixed Vegetables Wheat Bread Fruited Gelatin Milk Margarine Diet - Fruited Gelatin		

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AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

DECEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			12/1/2022 Spinach Lasagna <i>or</i> Meat Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Hot Cinnamon Applesauce Milk Assorted Salad Dressing Margarine Diet - Same	12/2/2022 Honey Mustard Chicken <i>or</i> Teriyaki Meatballs Parslied Rice Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same
12/5/2022 BBQ Pork Rib Patty <i>or</i> BBQ Chicken Patty Baked Beans Whole Kernel Corn Wheat Hamburger Bun Fresh Fruit Milk Diet - Same	12/6/2022 Creamy Paprika Chicken <i>or</i> Savory Beef Patty Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/7/2022 Asian Meatballs <i>or</i> Chicken Stir Fry Whipped Potatoes Ginger Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/8/2022 Turkey with Supreme Sauce <i>or</i> Pork Roast Brown Gravy Buttermilk Potatoes Green Beans Wheat Bread Strawberry Cake Milk Margarine Diet - Angel Food Cake	12/9/2022 Cheese Omelet <i>or</i> Sausage Patty Oven Roasted Potatoes Orange Juice Biscuit Hot Pineapple Tidbits Milk Margarine Assorted Jelly Diet - Same
12/12/2022 Pineapple Chicken <i>or</i> Pepper Beef Steak Whipped Potatoes Lima Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/13/2022 Macaroni and Cheese <i>or</i> Meat Fiesta Macaroni Stewed Tomatoes Green Beans Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	12/14/2022 Creole Steak <i>or</i> Turkey Breast with Gravy Ranch Potatoes Broccoli with Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/15/2022 Meat Taco <i>or</i> Chicken Taco Lettuce Tomato Mexican Rice Mixed Beans Fresh Fruit Flour Tortilla Milk Taco Sauce Sour Cream Diet - Same	12/16/2022 Beef with Mushroom Gravy <i>or</i> Chicken Noodle Casserole Herbed Green Peas Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same
12/19/2022 Lemon Pepper Chicken <i>or</i> Savory Beef Patty Oven Roasted Potatoes Okra and Tomatoes Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	12/20/2022 Hamburger Patty <i>or</i> BBQ Pork Rib Patty Lettuce Tomato Scalloped Potatoes Green Beans with Red Peppers Wheat Hamburger Bun Pineapple Tidbits Milk Mustard Diet - Same	12/21/2022 Pork Roast Pork Sauce <i>or</i> Mushroom Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/22/2022 ~Christmas Meal~ Glazed Ham <i>or</i> Baked Chicken with Gravy Buttermilk Potatoes Green Bean Casserole Dinner Roll Cranberry Crunch Milk Margarine Diet - Graham Crackers	12/23/2022 Honey Mustard Chicken <i>or</i> Pepper Beef Steak Baked Sweet Potato Zucchini and Tomatoes Wheat Bread Birthday Cake Milk Margarine Diet - Angel Food Cake
12/26/2022 <i>Closed for Holiday</i>	12/27/2022 Meat Italian Macaroni <i>or</i> Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	12/28/2022 Beef Chili <i>or</i> Vegetarian Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	12/29/2022 ~New Year's Meal~ Pork Roast Brown Gravy <i>or</i> Baked Chicken with Gravy Succotash Cabbage and Carrots Devil's Food Cake Breadstick Milk Margarine Diet - Angel Food Cake	12/30/2022 Glazed Ham <i>or</i> Sliced Turkey Breast Chicken Gravy Whipped Sweet Potatoes Cabbage Wheat Bread Lemon Pudding Milk Margarine Diet - Applesauce

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