AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC. OCTOBER 2022

Diet - Same

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

Janune Kingeny, RD, LD Tammy Kingery, RD, LD

Ingredient Information Available @ 419-382-5791

Community Meals

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

NOVEMBER 2022

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

Jonny Kingery, RD, LD

Ingredient Information Available @ 419-382-5791

TRIO Community Meals

Tammy Kingery, RD, LD

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC DECEMBER 2022

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

Janune Kingeny, PD, LD

Diet - Angel Food Cake

Ingredient Information Available @ 419-382-5791

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Tammy Kingery, RD, LD