

**AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.**  
**SEPTEMBER 2022**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>9/1/2022</b> Turkey with Supreme Sauce OR Pork Roast/Onion Gravy Buttermilk Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet -Same	<b>9/2/2022</b> ~ <i>Labor Day Meal</i> ~ Sausage with Onions & Peppers OR Shredded Chicken with Onion/Peppers Baked Beans Coleslaw Hot Dog Bun Cookies Milk Mustard Diet - Graham Crackers
<b>9/5/2022</b>  <i>Closed for Holiday</i>	<b>9/6/2022</b> Chicken Rice Casserole OR Ham and White Beans Okra and Tomatoes Mixed Cabbage and Carrots Corn loaf muffin Fresh Fruit Milk Margarine Diet - Same	<b>9/7/2022</b> Glazed Ham OR Baked Chicken and Gravy Whipped Potatoes Spinach Wheat Bread Muffin Milk Margarine Diet - Same	<b>9/8/2022</b> Chilaquiles Casserole OR Taco Pie Mexican Rice Tossed Salad Flour Tortilla Hot Cherry Apple Betty Milk Ranch Salad Dressing Diet - Same	<b>9/9/2022</b> Garlic Rosemary Chicken OR Turkey Divan AuGratin Potatoes Whole Kernel Corn Breadstick Fresh Fruit Milk Margarine Diet - Same
<b>9/12/2022</b> Turkey Breast with Gravy OR Broccoli/Spinach Quiche Brown Rice Stewed Tomatoes Wheat Bread Fresh Fruit Milk Margarine Diet - Same	<b>9/13/2022</b> Pineapple Chicken OR Pepper Beef Steak Country Potatoes Herbed Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	<b>9/14/2022</b> Turkey Chef Salad OR Ham Chef Salad Pasta Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing Milk Diet - Same	<b>9/15/2022</b> Meat Bow Tie Casserole OR Chicken Cacciatore Whole Kernel Corn Broccoli and Carrots Wheat Bread Fresh Fruit Milk Margarine Diet -Same	<b>9/16/2022</b> Hamburger Patty OR BBQ Pork Rib Patty Baked Beans Oven Roasted Potatoes Hamburger Bun Oatmeal Raisin Cookie Milk Margarine Diet - Same mustard/ketchup
<b>9/19/2022</b> Lemon Pepper Chicken OR Beef Stroganoff Lima Beans Broccoli and Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	<b>9/20/2022</b> Ham and White Beans OR Cranberry Dijon Chicken Herbed Green Beans Garden Veg Blend Dinner Roll Peach Cobbler Milk Margarine Diet - Hot Peaches	<b>9/21/2022</b> Teriyaki Meatballs OR Roast Beef with Gravy Oven Roasted Potatoes Glazed Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	<b>9/22/2022</b> Macaroni and Cheese OR Meat Fiesta Macaroni Spinach Succotash Wheat Roll Sugar Cookie Milk Margarine Diet - Graham Crackers	<b>9/23/2022</b> Pork Roast OR Liver and Onions Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same
<b>9/26/2022</b> Meatloaf and Gravy OR Pineapple Chicken Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	<b>9/27/2022</b> Chicken Noodle Casserole OR Beef with Mushroom Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers	<b>9/28/2022</b> Glazed Ham OR Pasta Primavera Baked Sweet Potato Garden Vegetable Blend Wheat Bread Mixed Fruit Cup Milk Margarine Diet - Same	<b>9/29/2022</b> Taco Meat OR Falita Chicken Mexican Rice Mixed Beans Flour Tortilla/Lett/Tomato Fresh Fruit Milk Taco Sauce/Sour Cream Diet - same	<b>9/30/2022</b> Turkey Chef Salad OR Ham Chef Salad Three Bean Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same