



Area Office on Aging of Northwestern Ohio, Inc.

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 Nourishment through compassionate care.	9/1/2026 Vegetarian Chili or White Chicken Chili Brown Rice Green Peas Cornbread Cookie Milk Diet - Vanilla Wafers	9/2/2026 Sloppy Joe Meatballs or Chicken Primavera Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/3/2026 Meatloaf w/Gravy or Pork Fritter Brown Gravy Buttermilk Potatoes Spring Vegetables Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/4/2026 BBQ Chicken or Turkey Burger O'Brien Potatoes Green Bean Salad Hamburger Bun Peach Cobbler Milk BBQ Sauce Diet - Hot Spiced Peaches	
	9/7/2026 Closed for Holiday	9/8/2026 Chicken Rice Casserole or Ham & White Beans Okra & Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine Diet - Same	9/9/2026 Egg Salad or Turkey Salad Corn Salad California Vegetable Salad Dinner Roll Cookie Milk Diet - Graham Crackers	9/10/2026 Chicken Breast Thai Chili Sauce or Sweet N Sour Pork Confetti Rice Broccoli Wheat Bread Applesauce Milk Margarine Diet - Same	9/11/2026 Turkey Divan or Parmesan Chicken Parsley Spaghetti Noodles Spinach WG Bread Fresh Fruit Milk Diet - Same
	9/14/2026 Western Omelet or Turkey Sausage Patty Pancake O'Brien Potatoes Orange Milk Margarine Diet - Same Syrup Diet: SF Syrup	9/15/2026 Salisbury Beef Vegetable Gravy or Orange Chicken Brown Rice Glazed Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/16/2026 Italian Turkey Garden Salad or Ham Chef Salad Pasta Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Italian Salad Dressing Diet - Same	9/17/2026 Beef Noodle Casserole or Chicken Cacciatore Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/18/2026 Cheeseburger or BBQ Pork Rib Patty Baked Beans Oven Roasted Potatoes Hamburger Bun Cookie Milk Ketchup Diet - Vanilla Wafers
	9/21/2026 Beef Stroganoff or Chicken Breast w/Mild Buffalo Ranch Sauce Egg Noodles Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	9/22/2026 Cranberry Dijon Chicken or Sliced Ham Butternut Squash Green Beans Amandine Dinner Roll Pear Milk Margarine Diet - Same	9/23/2026 Teriyaki Meatballs or Pineapple Glazed Chicken Fried Rice Oriental Vegetables Wheat Bread Mandarin Oranges Milk Margarine Diet - Same	9/24/2026 Macaroni & Cheese or Beef Fiesta Macaroni Spinach Succotash Wheat Bread Peaches Milk Margarine Diet - Same	9/25/2026 Smoked Sausage Cabbage/Sauerkraut or Beef In Gravy Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same
	9/28/2026 Hamburger Patty Mushroom Gravy or Lemon Pepper Chicken Whipped Potatoes Herbed Green Peas Wheat Roll Fresh Fruit Milk Margarine Diet - Same	9/29/2026 Chicken Noodle Casserole or Salisbury Beef w/Au Jus Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers	9/30/2026 Turkey Chef Salad or Ham Chef Salad Beet Salad Copper Penny Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same	10/1/2026 Taco Meat or Fajita Chicken Lettuce Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk Taco Sauce Diet - Same	10/2/2026 Pasta Primavera or Turkey Breast w/Gravy Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Diet - Same