

# AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

APRIL 2018



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2  
A: Salisbury Beef  
B: Honey Mustard Chicken  
Buttermilk Potatoes  
Green Beans  
Wheat Bread  
Fresh Fruit  
Milk | Margarine

3  
A: Ham & Macaroni Casserole  
B: Savory Beef Patty  
Spinach  
Zucchini & Tomatoes  
Breadstick  
Mandarin Oranges  
Milk | Margarine

4  
A. Turkey Breast w/Gravy  
B: Creamy Paprika Chicken  
Macaroni & Cheese  
Italian Vegetable Blend  
Multi Grain Bread  
Fruited Gelatin/Diet Gelatin  
Milk | Margarine

5  
A Chicken w/Gravy  
B: Broccoli Ham Strata  
Succotash  
Glazed Carrots  
Dinner Roll  
Fresh Fruit  
Milk | Margarine

6  
A: Lasagna Casserole  
B: Spinach Lasagna  
Green Peas  
Cauliflower  
Wheat Bread  
Cinnamon Cake/Diet Cake  
Milk | Margarine

9  
A: Sausage, Onion, & Peppers  
B: Chicken w/Peppers & Onions  
Sauerkraut  
Spring Vegetable Blend  
Hot Dog Bun  
Fresh Fruit  
Milk | Mustard

10  
A: Chicken w/Tomato Basil Sauce  
B: Liver & Onions  
Baked Potato  
Broccoli  
Wheat Bread  
Orange Cake/Diet Cake  
Milk | Margarine | Sour Cream

11  
A: Roast Beef w/Gravy  
B: Creole Chicken  
Brown Rice  
Glazed Carrots  
Wheat Bread  
Fresh Fruit  
Milk | Margarine

12  
A: Glazed Ham  
B: Chicken Noodle Casserole  
Oven Roasted Potatoes  
Green Peas  
Biscuit  
Chocolate Chip Cookie/Diet Cookie  
Milk | Margarine

13  
A: Beef & Bowtie Casserole  
B: Broccoli & Spinach Quiche  
Whole Kernel Corn  
Green Beans  
Dinner Roll  
Fruited Gelatin/Diet Gelatin  
Milk | Margarine

16  
A: Honey Mustard Chicken  
B: Beef Patty w/Gravy  
Au Gratin Potatoes  
Green Peas  
Dinner Roll  
Mandarin Oranges  
Milk | Margarine

17  
A: Hamburger Patty  
B: BBQ Chicken  
Crispy Cubed Potatoes  
Succotash  
Hamburger Bun  
Fresh Fruit  
Milk

18  
A: Turkey Breast w/ Gravy  
B: Beef Chili w/Beans  
Cut Yams  
Broccoli & Cauliflower  
Multi-Grain Bread  
Lemon Pudding/Diet Pudding  
Milk | Margarine

19  
A: Veal Marsala  
B: Pork w/Supreme Sauce  
Whipped Potatoes  
Sliced Carrots  
Wheat Bread  
Strawberry Cake/Diet Cake  
Milk | Margarine

20  
A: Macaroni & Cheese  
B: Beef Italiano  
Stewed Tomatoes  
Spinach  
Wheat Roll  
Birthday Cake/Diet Cake  
Milk | Margarine

23  
A: Meatloaf w/Gravy  
B: Chicken Rice Casserole  
Cheesy Whipped Potatoes  
Green Beans  
Multi-Grain Bread  
Fresh Fruit  
Milk | Margarine

24  
A: Pineapple Glazed Chicken  
B: Beef Stroganoff  
Broccoli & Cauliflower  
Baby Carrots  
Dinner Roll  
Butterscotch Pudding/Diet Pudding

25  
A: Beef Taco Pie  
B: Chilaquiles Casserole  
Spanish Rice  
Fiesta Vegetable Blend  
Flour Tortilla  
Fresh Fruit  
Milk | Margarine

26  
A: Oven Fried Chicken  
B: Turkey Ham & White Beans  
Baked Sweet Potato  
Mixed Vegetables  
Cornbread  
Chocolate Chip Cookie/Diet Cookie  
Milk | Margarine

27  
A: Pork Roast w/Pork Sauce  
B: Turkey w/Supreme Sauce  
Country Potatoes  
Mixed Green Salad  
Multi-Grain Bread  
Apple Cobbler/Diet Apple Slices  
Milk | Margarine  
Italian Salad Dressing

30  
A: BBQ Rib Patty  
B: Hamburger Patty  
Hashbrown Casserole  
Spinach  
Hamburger Bun  
Tropical Fruit  
Milk

Contrary to what most people think, bone health is more than just getting enough calcium. While calcium is critical, a variety of minerals, vitamins and other components work together to make strong bones. Vitamin D goes hand in hand with calcium and bone health. Vitamin K is required to make proteins found in bone and can help keep calcium from being lost in the urine. Magnesium can take the place of some calcium in bone if calcium supplies are low.  
Adapted from: <https://foodandhealth.com>