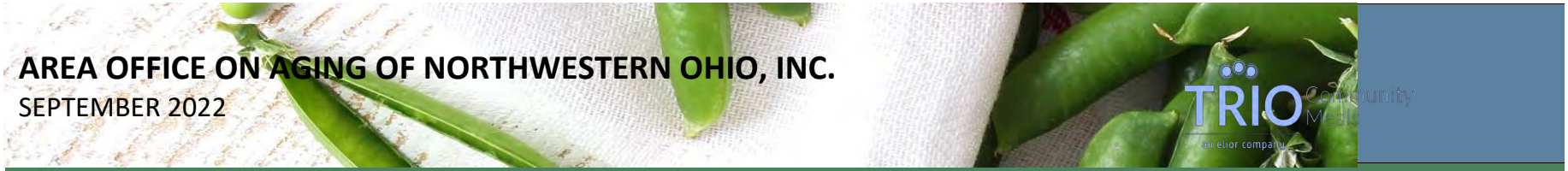

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch 11:45-12:30 Monday-Friday Sugessted Donation:$2.50 for 60+ Under 60: $5.62 Please reserve by Noon the day before you want to have lunch 419-885-3913			**9/1/2022** Turkey with Supreme Sauce OR Pork Roast/Onion Gravy Buttermilk Potatoes Spring Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Diet -Same	**9/2/2022** ***~Labor Day Meal~*** Sausage with Onions & Peppers OR Shredded Chicken with Onion/Peppers Baked Beans Coleslaw Hot Dog Bun Cookies Milk Mustard Diet - Graham Crackers
9/5/2022 ***Closed for Holiday***	**9/6/2022** Chicken Rice Casserole OR Ham and White Beans Okra and Tomatoes Mixed Cabbage and Carrots Corn loaf muffin Fresh Fruit Milk Margarine Diet - Same	**9/7/2022** Glased Ham OR Baked Chicken and Gravy Whipped Potatoes Spinach Wheat Bread Muffin Milk Margarine Diet - Same	**9/8/2022** Chilaquiles Casserole OR Taco Pie Mexican Rice Tossed Salad Flour Tortilla Hot Cherry Apple Betty Milk Ranch Salad Dressing Diet - Spiced Apples	**9/9/2022** Garlic Rosemary Chicken OR Turkey Divan AuGratin Potatoes Whole Kernel Corn Breadstick Fresh Fruit Milk Margarine Diet - Same
9/12/2022 Turkey Breast with Gravy OR Broccoli/Spinach Quiche Brown Rice Stewed Tomatoes Wheat Bread Fresh Fruit Milk Margarine Diet - Same	**9/13/2022** Pineapple Chicken OR Pepper Beef Steak Country Potatoes Herbed Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	**9/14/2022** Turkey Chef Salad OR Ham Chef Salad Pasta Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing Milk Diet - Same	**9/15/2022** Meat Bow Tie Casserole OR Chicken Cacciatore Whole Kernel Corn Broccoli and Carrots Wheat Bread Fresh Fruit Milk Margarine Diet -Same	**9/16/2022** Hamburger Patty OR BBQ Pork Rib Patty Baked Beans Oven Roasted Potatoes Hamburger Bun Oatmeal Raisin Cookie Milk Margarine Diet - Same mustard/ketchup
9/19/2022 Lemon Pepper Chicken OR Beef Stroganoff Lima Beans Broccoli and Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	**9/20/2022** Ham and White Beans OR Cranberry Dijon Chicken Herbed Green Beans Garden Veg Blend Dinner Roll Peach Cobbler Milk Margarine Diet - Hot Peaches	**9/21/2022** Teriyaki Meatballs OR Roast Beef with Gravy Oven Roasted Potatoes Glazed Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	**9/22/2022** Macaroni and Cheese OR Meat Fiesta Macaroni Spinach Succotash Wheat Roll Sugar Cookie Milk Margarine Diet - Graham Crackers	**9/23/2022** Pork Roast OR Liver and Onions Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same
9/26/2022 Meatloaf and Gravy OR Pineapple Chicken Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	**9/27/2022** Chicken Noodle Casserole OR Beef with Mushroom Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers	**9/28/2022** Glazed Ham OR Pasta Primavera Baked Sweet Potato Garden Vegetable Blend Wheat Bread Mixed Fruit Cup Milk Margarine Diet - Same	**9/29/2022** Taco Meat OR Fajita Chicken Mexican Rice Mixed Beans Flour Tortilla/Lett/Tomato Fresh Fruit Milk Taco Sauce/Sour Cream Diet - same	**9/30/2022** Turkey Chef Salad OR Ham Chef Salad Three Bean Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same

Lucas County Senior Nutrition Program
Meal Service 419-385-2532

Tammy Kingery, RD, LD

Ingredient Information Available 419-382-5791