

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

OCTOBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	
A: Swiss Steak	1 each
B: Garlic Rosemary Chicken	1 each
Whipped Potatoes	½ cup
Glazed Carrots	½ cup
Wheat Roll	1 each
Tropical Fruit	½ cup
Milk Margarine	1 each

2	
A: Chicken Primavera	¾ cup
B: Pasta Primavera	1 cup
Whole Kernel Corn	½ cup
Brussels Sprouts	½ cup
Breadstick	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

3	
A: Creole Chicken	1 each
B: Beef Chili	¾ cup
Baked Potato	1 each
Broccoli	½ cup
Dinner Roll	1 each
Oatmeal Cookie Diet: Cookies	1 each
Milk Margarine	1 each

4	
A: Meatball Stroganoff	¾ cup
B: Chicken A La King	¾ cup
Brown Rice	½ cup
Green Peas with Red Peppers	½ cup
Biscuit	1 each
Mandarin Oranges & Pineapple	½ cup
Milk Margarine	1 each

5	
A: Glazed Ham	3 oz
B: Turkey with Gravy	3 oz
Mashed Spiced Yams	½ cup
Cabbage	½ cup
Wheat Roll	1 each
Fruited Gelatin Diet: Gelatin	½ cup
Milk Margarine	1 each

8	
A: Spanish Beef Patty	1 each
B: Pork Loin Piccata	3 oz
Delmonico Potatoes	½ cup
Zucchini	½ cup
Wheat Bread	1 slice
Peanut Butter Cookie Diet: Cookie	1 each
Milk Margarine	1 each

9	
A: Swedish Meatballs	3 each
B: Chicken A La King	¾ cup
Rotini Noodles	½ cup
Green Beans Amandine	½ cup
Wheat Roll	1 each
Hot Spiced Apples	½ cup
Milk Margarine	1 each

10	
A: Baked Chicken with Gravy	1 each
B: Savory Beef Patty	1 each
Country Corn	½ cup
Peas and Carrots	½ cup
Multi Grain Bread	1 slice
Fresh Fruit	1 each
Milk Margarine	1 each

11	
A: Veal Italiano	1 each
B: Chicken Marsala	1 each
Fettuccini Noodles	½ cup
Spinach	½ cup
Multi Grain Bread	1 slice
Peaches	½ cup
Milk Margarine	1 each

12	
A: Chicken Chili	1 cup
B: Vegetarian Chili	1 cup
Rosemary Potatoes	½ cup
Carrots	½ cup
Saltine Crackers	2 pks
Strawberry Swirl Pudding Diet: Pudding	½ cup
Milk Margarine	1 each

15	
A: Cranberry Dijon Chicken	1 each
B: Beef Patty w/Pepper Gravy	1 each
Rice Florentine	½ cup
Carrots	½ cup
Wheat Roll	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

16	
A: Liver & Onions	1 each
B: BBQ Chicken	1 each
Whipped Potatoes	½ cup
Broccoli	½ cup
Multi Grain Bread	1 slice
Pears	½ cup
Milk Margarine	1 each

17	
A: Sliced Turkey with Gravy	3 oz
B: Mushroom Beef Patty	1 each
Baked Sweet Potato	1 each
Mixed Vegetables	½ cup
Wheat Bread	1 slice
Fruited Gelatin Diet: Gelatin	½ cup
Milk Margarine	1 each

18	
A: Spaghetti with Meat Sauce	1 cup
B: Spinach Lasagna	1 cup
Tossed Salad w/Dressing	1 cup
Breadstick	1 each
Cherry Crisp Diet: Crisp	½ cup
Milk Margarine	1 each

19	
A: Honey Mustard Chicken	1 each
B: Teriyaki Meatballs	3 each
Oven Roasted Potatoes	½ cup
Green Beans	½ cup
Wheat Bread	1 slice
Mandarin Oranges / Pineapple	½ cup
Milk Margarine	1 each

22	
A: BBQ Pork Rib Patty	1 each
B: Baked Chicken	1 each
Baked Beans	½ cup
Whole Kernel Corn	½ cup
Wheat Hamburger Bun	1 each
Applesauce	½ cup
Milk	1 each

23	
A: Roast Beef with Gravy	3 oz
B: Creamy Paprika Chicken	1 each
Whipped Potatoes	½ cup
Green Peas	½ cup
Wheat Roll	1 each
Fresh Banana	1 each
Milk Margarine	1 each

24	
A: Chicken Stir Fry	¾ cup
B: Asian Meatballs	3 each
Brown Rice	½ cup
Ginger Carrots	½ cup
Wheat Bread	1 slice
Peanut Butter Cookie Diet: Cookie	1 each
Milk Margarine	1 each

25	
A: Turkey with Supreme Sauce	3 oz
B: Pork Roast with Gravy	3 oz
Buttermilk Potatoes	½ cup
Spring Vegetable Blend	½ cup
Wheat Roll	1 each
Mandarin Oranges	½ cup
Milk Margarine	1 each

26	
A: Meatloaf w/Tomato Gravy	1 each
B: Broccoli Spinach Egg Bake	1 slice
Oven Roasted Potatoes	½ cup
Italian Vegetable Blend	½ cup
Wheat Bread	1 slice
Birthday Cake Diet: Cake	1 piece
Milk Margarine	1 each

29	
A: Country Fried Steak w/Gravy	1 each
B: Pineapple Chicken	1 each
Whipped Potatoes	½ cup
Lima Beans	½ cup
Wheat Roll	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

30	
A: Macaroni & Cheese	1 cup
B: Beef Fiesta Mac	¾ cup
Stewed Tomatoes	½ cup
Green Beans	½ cup
Cornbread	1 piece
Chocolate Chip Cookie Diet: Cookie	1 each
Milk Margarine	1 each

31	
HALLOWEEN MEAL	
A: Sausage with Onions and Peppers on Bun	1 each
B: Philly Chicken Sandwich	1 each
Crispy Cubed Potatoes	½ cup
Glazed Carrots	½ cup
Pineapple Tidbits	½ cup
Milk	1 each

**Food Allergy
Reference List Available
@ 419-382-5791**



Tammy Kingery, RD, LD