

Area Office On Aging of Northwestern Ohio, Inc.

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>				11/1/2024 Pork Roast w/Gravy or Turkey w/Supreme Sauce Buttermilk Potatoes Cabbage Medley Wheat Bread Strawberry Cake Milk Margarine Diet - Angel Food Cake
	11/4/2024 Beef Stroganoff or Pineapple Glazed Chicken Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/5/2024 Macaroni & Cheese or Beef Fiesta Macaroni Herbed Green Peas Copper Penny Salad Wheat Bread Pear Crisp Milk Margarine Diet - Hot Pears	11/6/2024 Creole Steak or Turkey Breast w/Gravy Whipped Sweet Potatoes Broccoli w/Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/7/2024 Taco Meat or Picante Chicken Mexican Rice Lettuce/Tomato Hot Spiced Fruit Flour Tortilla Milk Taco Sauce Sour Cream Diet - Same
11/11/2024 Lemon Pepper Chicken or Savory Beef Patty Northern Beans Okra & Tomatoes Multi-Grain Bread Fresh Fruit Milk Margarine Diet - Same	11/12/2024 Cheeseburger Patty or BBQ Pork Rib Patty Oven Roasted Potatoes Lettuce/Tomato Wheat Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Diet - Same	11/13/2024 Pork Roast w/Pork Sauce or Chicken w/Mushroom Gravy Lima Beans Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/14/2024 Chilaquiles Casserole or Taco Pie Whole Kernel Corn Green Beans Cornbread Fresh Fruit Milk Margarine Diet - Same	11/15/2024 Salisbury Beef w/Gravy or Honey Mustard Chicken Rice Florentine Cauliflower Wheat Bread Sugar Cookie Milk Margarine Diet - Vanilla Wafers
11/18/2024 Savory Chicken or Spanish Beef Patty Paprika Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	11/19/2024 Turkey Tetrazzini or Chicken Rice Casserole Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	11/20/2024 Vegetarian Chili or Beef Chili Baked Potato Broccoli Cornbread Oatmeal Raisin Cookie Milk Margarine Diet - Vanilla Wafers	11/21/2024 Meatball Stroganoff or Chicken Vegetable Stew Brown Rice Peas w/Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	11/22/2024 Glazed Ham or Sliced Turkey Breast Poultry Gravy Whipped Sweet Potatoes Cabbage Wheat Bread Birthday Cake Milk Margarine Diet - Angel Food Cake
11/25/2024 Swiss Steak or Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	11/26/2024 Swedish Meatballs or Chicken A La King Ziti Noodles Herbed Green Beans Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	11/27/2024 ~Thanksgiving Meal~ Sliced Turkey Breast w/Gravy or Sliced Ham Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet - Angel Food Cake	11/28/2024 Closed for Holiday	11/29/2024 Macaroni & Cheese or White Chicken Chili Stewed Tomatoes Green Peas Saltine Crackers Fruited Gelatin Milk Margarine Diet - Fruit Gelatin

Karin Domest RD, LD

Diet-Angel Food Cake

Ingredient Information Available
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