

Nutrition Menu

September 2018

Mon	Tue	Wed	Thu	Fri
<p>Write your choice of menu option <u>A or B</u> on sign up sheet</p>	<p>Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation</p>	<p>Meals provided by AOA Lucas County Senior Nutrition through Valley Services</p>		
<p>3</p> <p>CLOSED</p>	<p>4 A- Chicken Chili B- Vegetarian Chili Brown Rice Zucchini Crackers Cookie</p>	<p>5 A- Sloppy Joe Meatballs B- Chicken Primavera Corn Brussel Sprouts Breadstick Fresh Fruit</p>	<p>6 A- Turkey Supreme B- Pork Roast/Gravy Buttermilk Potatoes Spring Veg Blend Roll Mandarin oranges</p>	<p>7 A- BBQ Pork Rib B- Grilled Chicken Baked beans Potato Salad Hamburger bun Hot Peaches</p>
<p>10 A- Swedish Meatball B- Parmesan Chicken Garlic Rotini Carrots Bread Hot Peaches</p>	<p>11 A- Chicken Rice Cass B- Ham White Beans Green beans Cabbage/Carrots Wheat bread Choc Cake</p>	<p>12 A- Glazed Ham B- Chicken Thigh Whipped potatoes Spinach Roll Fresh fruit</p>	<p>13 A- Beef Taco Pie B- Chilaquiles Cass Mexican Rice Tossed Salad Flour Tortilla Apple Cherry Crisp</p>	<p>14 A- Veal Parmesan B- Turkey Divan Au Gratin potatoes Italian Veg blend Breadstick Fresh fruit</p>
<p>17 A- Turkey/gravy B- Vegetable Quiche Brown Rice Stewed Tomatoes Wheat bread Applesauce</p>	<p>18 A- Pepper Beef steak B- Pineapple Chicken Country Potatoes Green Peas Wheat bread Fresh Fruit</p>	<p>19 A- Chef Salad w/Turkey Ham B- Chef Salad w/Chicken Corn relish salad Saltine crackers Fresh Fruit</p>	<p>20 A- Beef Bowtie casserole B- Chicken Cacciatore Spinach Italian Veg Bland Breadstick Fresh Fruit</p>	<p>21 A- Hamburger Patty B- BBQ Pork Rib Lettuce/Tomato Baked Beans Coleslaw Hamburger bun Peach cobbler</p>
<p>24 A- Lemon Pepper chicken B- Beef Stroganoff Lima Beans Broccoli/Cauliflower Bread Fresh fruit</p>	<p>25 A- Ham White Beans B- Veg Bean Stew Tomato Spoon relish Veg Blend Cornbread Peach Cobbler</p>	<p>26 A- Garlic Rosemary Chicken B- Roast Beef/Gravy Roasted potatoes Glazed carrots Multi grain bread Fresh fruit</p>	<p>27 A- Beef Macaroni B- Parmesan Chicken Spinach Stewed Tomatoes Wheat Roll Sugar cookie</p>	<p>28 A- Pork Loin B- Liver / Onions Whipped Potatoes Green Peas Wheat bread Birthday Cake</p>