

Ashland County Council on Aging

October, 2024

Mon	Tue	Wed	Thu	Fri
	1. White Chicken Chili w/Crackers Carrots Mandarin Oranges Corn Bread	2. Cheese Omelet Turkey Sausage Links Stewed Tomatoes Country Apples W. Grain Muffin	3. Chicken Bowl Chicken, Mashed Potatoes, Corn, W/Chicken Gravy & Cheddar Cheese Green Beans Mixed Fruit W. Wheat Bread	4. Sloppy Joes/Bun Potato Wedges Mixed Vegetables Peaches
7. B.L.T.Chicken Chef Salad, Chicken, Bacon Lettuce, Tomato, Cheese, Croutons Cottage Cheese Fresh Fruit W. Grain Muffin	8. Chicken Philly Cheesesteak Sub Baby Bakers Scandinavian Veg. Pineapple Tidbits	9. Lasagna Roll Ups Broccoli Applesauce W. Grain Roll	10. Turkey Burger W/ Bun Spinach Baked Beans Peaches	11. Hamburger Gravy Over Mashed Potatoes Corn Grapes W. Wheat Bread
14. AGENCY CLOSED	15. Ham & Swiss On a bun Three Bean Salad Fruit Cocktail Granola Bar.	16. Taco Casserole Succotash Tropical Fruit W. Grain Roll	17. Tuna & Noodle Casserole Peas Carrots Applesauce W. Wheat Bread	18. Chicken Pot Pie Over a Biscuit Mashed Potatoes Squash & Zucchini Fresh Orange
21. Egg Salad /Croissant Pea Salad Sliced Pears Sun Chips	22. Pizza Green Beans Nantucket Blend Peaches W. Grain Roll	23. Barbecue Grilled Chicken Rice Brussel Sprouts Mandarin Oranges W. Wheat Bread	24. Turkey Reuben Casserole Mashed Potatoes Peas Tropical Fruit	25. Ham & Bean Soup California Blend Fresh Apple W. Grain Roll
28. Oriental Salad Lettuce, Chicken, Cheese, Chow Mein Noodles, Craisins, Pineapple Chunks W. Grain Muffin	29. Fish Sandwich W/Cheese & Bun Coleslaw Corn Mandarin Oranges	30. Stuffed Peppers Mashed Potatoes Green Beans Mixed Fruit W. Wheat Bread	31. Chicken & Broccoli Rice Casserole Lima Beans Applesauce W. Grain Roll	
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A CHEESEBURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITU- TION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE