

Ashland County Council on Aging

October, 2026

Mon	Tue	Wed	Thu	Fri
PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL			1. Grilled Chicken W/Bun Baby Bakers Green Beans Peaches	2. Ham & Bean Soup Peas Fresh Orange Cornbread Wheat Crackers
5. Turkey Chef Salad, Turkey, Lettuce, Diced Eggs, Tomato, Shredded Cheese Blueberries Strawberries Croutons Whole Grain Muffin	6. Taco Casserole Mexican Rice California Blend Tropical Fruit	7. Chicken & Dumplings Carrots Green Beans Mandarin Oranges W. Wheat Bread	8. Egg Bites w/Bacon, Peppers, Cheese, & Hashbrowns Spinach Country Apples Yogurt W. Grain Muffin	9. Meatloaf w/Gravy Mashed Potatoes Nantucket Blend Fresh Pear W. Wheat Bread
12. AGENCY CLOSED	13. Fish Sandwich On a Bun W/Cheese Sweet Potatoes Mixed Vegetables Pineapple Tidbits	14. Chicken Tortellini Peas Applesauce W. Grain Garlic Toast Strawberry Jello	15. Sloppy Joe w/Bun Parsley Potatoes Brussel Sprouts Mixed Fruit	16. Country Fried Chicken w/Gravy Mashed Potatoes Corn Grapes W. Wheat Bread
19. Oriental Salad with Chicken, Lettuce, Cheese, Chow Mein Noodles, Craisins Fresh Pineapple W. Grain Muffin	20. Barbecue Drumsticks Baby Bakers Capri Vegetables Peaches W. Grain Roll	21. Chili w/Crackers Peas Mandarin Oranges Corn Bread Muffin	22. Chipotle Fiesta Bowl w/Chicken, Brown Rice Fajita Vegetables Pinto Beans Tropical Fruit Tortilla Chips	23. Sausage Gravy Over Mashed Potatoes Carrots Broccoli Florets Fresh Apple W. Wheat Bread Cheese Stick
26. Two Hard Boiled Eggs Cottage Cheese Baby Carrots Peaches W. Grain Muffin Low Sodium V-8 Juice	27. Swedish Meatballs Over Pasta Green Beans Normandy Blend Pineapple Tidbits W. Grain Roll	28. Turkey Reuben Mashed Potatoes Corn Mixed Fruit	29. Scalloped Potatoes & Ham Lima Beans Carrots Applesauce W. Wheat Bread	30. Cowboy Beans Nantucket Blend Mandarin Oranges Cornbread
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				SUBSTITUTION OF THE MONTH IS CHICKEN TENDERS PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITU- TION.