

Ashland County Council on Aging

September, 2023

Mon	Tue	Wed	Thu	Fri
				1. Chili w/crackers Peas Grapes Corn Muffin
4. AGENCY CLOSED	5. Cheeseburger Mac Green Beans Warm Applesauce W. Wheat Bread	6. Shredded Turkey/ Gravy On Mashed Potato's Carrots Peaches W. Wheat Bread	7. Ham & Scalloped Potato's Corn Mixed Fruit W. Grain Roll	8. Chicken Drumsticks Baby Bakers Broccoli Orange W. Wheat Bread
11. Tuna Salad on Wheat Bun Pasta Salad Pears Raisins	12. Meatloaf w/Gravy Mashed Potato's Asparagus Tropical Fruit W. Wheat Bread	13. Coney Dog w/Bun Potato Wedges Baked Beans Mandarin Oranges	14. Grilled Chicken W/Bun Rice Mixed Vegetables Pineapple Tidbits	15. Bacon, Egg & Cheese Biscuit Stewed Tomato's Country Apples Yogurt
18. Turkey Chef Salad Egg, Tomato, Cheese, Croutons Peaches W. Grain Muffin	19. Johnny Marzetti Casserole Peas Mixed Fruit W. Grain Roll	20. Shredded Chicken w/Bun Roasted Potato's Spinach Applesauce	21. Cheeseburger On a Bun Potato Wedges California Blend Tropical Fruit	22. Pollock Sweet Potato's Lima beans Apple W. Wheat Bread
25. Oriental Chicken Salad Lettuce, Cheese, Chow Mein Noodles Pear W. Grain Muffin	26. Macaroni & Cheese Zucchini & Tomato's Peaches W. Grain Roll	27. Chicken Nuggets Baby Bakers Corn Mixed Fruit W. Wheat Bread	28. Stuffed Peppers Mashed Potato's Carrots Pineapple Tidbits W. Wheat Bread	29. Beef Stew Over a Biscuit Green Beans Grapes Jell-O
PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		SUBSTITUTION OF THE MONTH IS A PIZZA BURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTI- TUTION.