

Ashland County Council on Aging

September, 2022

Mon	Tue	Wed	Thu	Fri
			1. Chicken Drumsticks Sliced Potato's Broccoli Peaches W. Wheat Bread	2. Lasagna Roll Ups In Marinara Sauce Green Beans Mandarin Oranges W. Grain Roll
5. AGENCY CLOSED	6. Ham Salad/Croissant Sliced Beets Pineapple Chunks Chips	7. Cheeseburger/Bun French Fries Corn Apple	8. Cabbage Rolls Mashed Potato's Green Beans Mixed Fruit W. Wheat Bread	9. Tuna Noodle Casserole Peas & Carrots Tropical Fruit W. Grain Roll
12. Chicken Chef Salad Lettuce, Egg, Tomato Onion, Cheese, Croutons Fresh Pear W. Grain Banana Muffin	13. Chili / Crackers Mixed Vegetables Applesauce Corn Bread Muffin	14. Ham and Scaloped Potato's Corn Grapes W. Wheat Bread	15. Turkey Burger/Bun W/ Cheese Baby Bakers Lima Beans Peaches	16. Baked Spaghetti w/meat sauce Lettuce Salad Carrots Mandarin Oranges W. Grain Roll
19. Tuna Salad/Croissant Three Bean Salad Apple W. Grain Straw. Chex Mix	20. Tater Tot Casserole Peas Mixed Fruit W. Wheat Bread	21. Chicken Tenders Diced Potato's Spinach Orange W. Grain Roll	22. Sloppy Joe/Bun Sweet Potato Fries Corn Peaches	23. Open Faced Shredded Chicken Mashed Potato's Green Beans Tropical Fruit
26. Oriental Chicken Salad Lettuce, Cheese, Chow Mein Noodles, Fresh Fruit W. Grain Muffin	27. Fish Sandwich/Bun W/Cheese Macaroni Salad Zucchini & Tomato Mixed Fruit	28. Goulash Cauliflower Banana W. Grain Roll	29. Cheese Omelet Turkey Sausage Links Home Fries Yogurt W. Grain Muffin	30. Barbeque Grilled Chicken Baby Bakers Broccoli Applesauce W. Wheat Bread
SUBSTITUTION OF THE MONTH IS BEEF HOTDOG PLEASE GIVE A 24 NOTICE	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		