

# Ashland County Council on Aging

## January, 2023

Mon	Tue	Wed	Thu	Fri
2.	3. Ham & Cheese /Bun Potato Salad Fruit Salad Raisins	4. Lasagna Roll Ups Green Beans Apple W. Grain Roll	5. Chicken Pot Pie over a biscuit Broccoli Mixed Fruit	6. Fish Sticks Diced Potato's Corn Tropical Fruit W. Grain Roll
9. Chili w/crackers Peas Fresh Pear Corn Bread	10. Chicken & Noodle Mashed Potato's Diced Carrots Peaches W. Wheat Bread	11. Turkey Burger/Bun W/ Cheese Baby Bakers Zucchini & Tomato Grapes	12. Tater Tot Casserole Lima Beans Mandarin Oranges W. Grain Roll	13. Pulled Pork/Bun Sliced Potato's Mixed Vegetables Mixed Fruit
16. AGENCY CLOSED	17. Egg Salad/Croissant Sliced Beets Pineapple Chunks Sun Chips	18. Tuna Noodle Casserole California Blend Orange W. Grain Roll	19. Open Faced Shredded Chicken Mashed Potato's Green Beans Peaches	20. Beef Stew Over a biscuit Corn Warm Applesauce Cheese Stick
23. Chicken Salad/Croissant Three Bean Salad Apricots Fruit Snacks	24. Philly Cheese Casserole Carrots Tropical Fruit W. Grain Roll	25. Egg, Turkey Sausage Patty on a Croissant Breakfast Potato's Banana Yogurt	26. Breaded Chicken Patty/Bun W/ Cheese Baby Bakers Spinach Mandarin Oranges	27. Meatloaf w/gravy Mashed Potato's Peas Mixed Fruit W. Wheat Bread
30. Meatball Sub W/Mozzarella Cheese Potato's w/Parsley Green Beans Peaches	31. Chicken Broccoli Rice Casserole Mixed Vegetables 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 BEEF HOTDOG  PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITU- TION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE