

Ashland County Council on Aging

September, 2026

Mon	Tue	Wed	Thu	Fri
	1. Tuna & Noodle Casserole Peas Carrots Tropical Fruit W. Wheat Bread	2. Mushroom Swiss Burger w/Bun Mixed Vegetables Baby Bakers Mandarin Oranges	3. Chicken Drumsticks Nantucket Blend Spinach Mixed Fruit W. Grain Roll	4. Hamburger Gravy Mashed Potatoes Corn Fresh Apple W. Wheat Bread
7. AGENCY CLOSED	8. Lasagna Roll Ups Brussel Sprouts Peaches W. Grain Garlic Bread	9. Turkey Burger w/ Bun Cheese Slice California Blend Baked Beans Mixed Fruit	10. Beef Hotdog w/Bun Parsley Potatoes Peas Pineapple Tidbits Cheese Stick	11. Broccoli & Cheddar Stuffed Chicken Capri Vegetables Chicken Flavored Rice Fresh Orange
14. Hawaiian Salad, with Lettuce, Diced Ham, Swiss Cheese, Pineapple Tidbits, Tortilla Strips Cantaloupe Chunks W. Grain Muffin	15. Cheese Omelet Stewed Tomatoes Country Apples W. Grain Cinnamon Raisin Bagel Low Sodium V-8 Juice	16. Meatball Bowl W/ Mozzarella Cheese Marinara Sauce Mixed Vegetables Tropical Fruit W. Grain Garlic Toast	17. Grilled Chicken Baby Bakers Corn Mixed Fruit W. Grain Roll	18. Salisbury Steak W/Gravy Mashed Potatoes Green Beans Grapes W. Wheat Bread
21. Egg Salad on a Mini Bun Pickled Beets Fresh Fruit Sun Chips	22. Stuffed Peppers Mashed Potatoes Green Beans Peaches W. Grain Roll	23. Goulash Peas Mixed Fruit W. Grain Roll	24. Shredded Chicken w/Bun Paco Blend Cauliflower Florets Applesauce	25. Pollock Fish Sweet Potatoes Normandy Blend Fresh Pear W. Wheat Bread
28. Chicken B.L.T. Salad Lettuce, Chicken, Bacon, Tomato, Cheese, Croutons Fresh Citrus Fruit Salad W. Grain Muffin	29. Chicken Fried Rice Broccoli Florets Mandarin Oranges Fortune Cookie	30. Zuppa Toscana Soup Lima Beans Applesauce W. Grain Roll		
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL		SUBSTITUTION OF THE MONTH IS A PIZZA BURGER. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.