

October

2024

Wyandot County Council on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Pot Roast Mashed Potatoes Lima Beans Pears Whole Grain Roll Milk	01	Egg & Cheese Biscuit Hash Browns Sun Splash Veggie Juice Peaches Milk	02	Hot Dog Scalloped Potatoes Broccoli Mandarin Oranges Hot Dog Bun Milk	03	Alfredo Italian Green Beans Cooked Baby Carrots Pineapple Milk	04	
Pulled BBQ Pork Roasted Corn Black Beans Apple Slices Whole Grain Bun Milk	07	Salisbury Steak Mashed Potatoes Cooked Baby Carrots Pineapple Whole Grain Roll Milk	08	Sweet & Sour Chicken Stir Fry Veggies Brown Rice Tropical Fruit Salad Blueberry Lemon Cookie Milk	09	Breaded Chicken Breast Roasted Sweet Potatoes Green Beans Peaches Whole Grain Bun Milk	10	Mac & Cheese Wax Beans Broccoli Mandarin Oranges Whole Grain Roll Milk	11
Steakburger Baked Beans Roasted Corn Pineapple Whole Grain Bun Milk	14	Turkey & Gravy Mashed Potatoes Broccoli Fruit Salad Whole Grain Roll Milk	15	Lasagna Italian Green Beans Cooked Baby Carrots Fruit Mix Whole Grain Roll Milk	16	BBQ Beef Roasted Sweet Potatoes Yellow Squash Tropical Fruit Salad Whole Grain Bun Milk	17	Alaskan Walleye Green Beans Cole Slaw Mandarin Oranges Whole Grain Roll Milk	18
Sliced Turkey Peas Diced Carrots Apple Slices Whole Grain Bun Chocolate Chip Cookie Milk	21	Meatloaf Mashed Potatoes Prince Charles Veggie Blend Fruit Cocktail Whole Grain Roll Milk	22	Beef Macaroni Italian Green Beans Peaches Whole Grain Roll Milk	23	Grilled Chicken Seasoned Potatoes Broccoli Mandarin Oranges Whole Grain Roll Milk	24	Taco Roasted Corn Pinto Beans Pineapple Corn Taco Shell Milk	25
Hamburger Mashed Sweet Potatoes Roasted Corn Fruit Mix Whole Grain Bun Milk	28	Chicken Parmesan Pasta & Sauce Cooked Spinach Mandarin Oranges Whole Grain Roll Milk	29	Swedish Meatballs Pasta Crinkle Cut Carrots Peas Peaches Milk	30	Chicken Tenders Italian Green Beans Cole Slaw Fruit Cocktail Whole Grain Roll Milk	31		

News

NOTE: Due to supply chain issues, menu items may not be available in time for delivery.

Substitutions will be made as appropriate. Thank you for your patience during this difficult time.

*Happy Fall
Y'all*



Please call 24 hours in advance to cancel a meal.

**Thank you,
Ronald Bailey
Nutrition Supervisor
(419) 294-5733
127 S. Sandusky Ave.
Upper Sandusky, Ohio**

