



October 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60 + suggested contribution is \$3 Under age 60 required contribution is \$7	October 1 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	October 2 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	October 4 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	October 5 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 7 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	October 8 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	October 9 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	October 10 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	October 11 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries and Granola
October 14  Meal Site Closed	October 15 CHEF'S CHOICE	October 16 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	October 17 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 18 Beef Pot Pie with Potatoes & Veg- gies Winter Mix Veggies Birthday Cake Happy Birthday
October 21 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	October 22 Meal Site Closed  Staff Training	October 23 Beef Stroganoff over Noodles Broccoli Apple Crisp	October 24 Spaghetti & Meat- balls Marinara Sauce Carrots Mandarin Oranges	October 25 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Short- cake
October 28 Pork Chop Roasted Red Pota- toes California Medley Chilled Pineapple	October 29 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	October 30 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	October 31 Happy Halloween Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, tea and juice). Diabetic deserts are available for those with diabetes. Menus subject to change. Meals should be eaten when delivered immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven: 350 degree for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degree. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving Caution contents will be hot.