

2020

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	20	31	1	2	3	4
			Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Country Fried Steak Mashed Potatoes Peas Apple Orange Juice	Roast Pork Hash Brown Casserole Cooked Cabbage Apicots Grape Juice	
5	6	7	8	9	10	11
	Chicken Casserole Lima Beans Squash Pears	Chicken Salad Potato Salad Cole Slaw Peaches Orange Juice	Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	
12	13	14	15	16	17	18
	Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	Hot Dog Baked Beans Succofash Pears Cran-Rasp Juice	Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	
19	20	21	22	23	24	25
	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	Creamed Chicken Biscuit Peas w/Onions Carrots Fruit Cocktail	Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice	Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch	
26	27	28	29	30	31	
	Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins	Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	Cabbage Rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad Cran-Rasp. Juice	Baked Spaghetti Italian Green Beans Corn Peaches	Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice	
5						

Preble County Council on Aging Congregate and HDM meal menu for 2020

NOTES:

Leanne M. Morgan M.A. RD CD

2020

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	27	28	29	30	31	1
2	3	4	5	6	7	8
	Beef Tips Corn Casserole Broccoli Fruit Cocktail	Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Veg Berry Juice	Chicken Pot Pie Corn Asparagus Pears Fruit Punch	Meatloaf Baked Potato Green Beans Peaches Craisins	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins	
9	10	11	12	13	14	15
	Sausage Gravy Biscuit Peas Baked Apples Mandarin Oranges	Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Country med steak Mashed Potatoes Peas Apple Orange Juice	Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice	
16	17	18	19	20	21	22
	Chicken Casserole Lima Beans Squash Pears	Chicken Salad Potato Salad Cole Slaw Peaches Orange Juice	Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	
23	24	25	26	27	28	29
	Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	Hot Dog Baked Beans Succotash Pears Cran-Rasp Juice	Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	
3						

Preble County Council on Aging Congregate and HDM meal menu for 2020

NOTES:

Jeanne M. Morgan, MEd, MSW

2020

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	Creamed Chicken Biscuit Peas w/Onions Carrots Fruit Cocktail	Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice	Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch	
8	9	10	11	12	13	14
	Chicken & Noodles Mashed Potatoes Mixed Vegetables Apple Juice Craisins	Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	Cabbage Rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad Craisins	Baked Spaghetti Italian Green Beans Corn Peaches	Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice	
15	16	17	18	19	20	21
	Beef Tips Corn Casserole Broccoli Fruit Cocktail	Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Very Berry Juice	Chicken Pot Pie Corn Asparagus Pears Fruit Punch	Meatloaf Baked Potato Green Beans Peaches Craisins	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins	
22	23	24	25	26	27	28
	Sausage Gravy Biscuit Peas Baked Apples Mandarin Oranges	Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Country Fried Steak Mashed Potatoes Peas Apple Orange Juice	Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice	
29	30	31				
	Chicken Casserole Lima Beans Squash Pears	Chicken Salad Potato Salad Coleslaw Peaches Orange Juice				
2						

NOTES:

Preble County Council on Aging Congregate and HDM meal menu for 2020



2020

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	2 Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	3 Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	4
2			8 Hot Dog Baked Beans Succotash Peas Gran-Rasp Juice	9 Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	10 Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	11
5	6 Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	7 Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	15 Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice	16 Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	17 Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch	18
12	13 Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	14 Creamed Chicken Biscuit Peas W/Onions Carrots Fruit Cocktail	22 Cabbage Rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad	23 Baked Spaghetti Italian Green Beans Corn Peaches	24 Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice	25
19	20 Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins	21 Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	29 Chicken Pot Pie Corn Asparagus Pears Fruit Punch	30 Meatloaf Baked Potato Green Beans Peaches Craisins		
26	27 Beef Tips Corn Casserole Broccoli Fruit Cocktail	28 Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Very Berry Juice				
3						
6						

Preble County Council on Aging Congregate and HDM meal menu for 2020

NOTES:

Jeane M. Maguer-Masada

2020

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
6					1	2
					Salmon Patties Creamed Peas Stewed Tomatoes Applesauce Fruit Punch	
3	4	5	6	7	8	9
	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	Chicken Salad Potato Salad Pickled Eggs & Beets Apricots	Beef Teriyaki Rice Broccoli Pineapple Tidbits Grape Juice	Roast Pork Parried Potatoes Corn O'Brien Peaches Raisins	Fish Parmesan Farfalle Far East Vegetables Fruit Cocktail Orange Juice	
10	11	12	13	14	15	16
	Swedish Meatballs Buttered Noodles Peas & Carrots Pears Fruit Punch	Lunchmeat Hoagie 3 Beans Salad Picnic Salad Fresh Fruit Craisins	Turkey w/ Gravy Hashbrown Casserole Nantucket Blend Vegetables Mandarin Oranges Very Berry Juice	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	BBQ Pork Riblet Mac & Cheese Succotash Mixed Fruit Raisins	
17	18	19	20	21	22	23
	Chicken Casserole Corn Peas w/ Pimientos Peaches Rice Crispy Treat	Ham Salad Pasta Salad Cucumber & Onions Citrus Salad Craisins	Beef Tips w/ Gravy Confetti Mashed Potatoes Spinach Pears Cran-Rasp Juice	Hamburger Mac & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit	Rice Baby Carrots Pineapple Tidbits Orange Juice	
24	25	26	27	28	29	30
	Chili Baked Potato Broccoli Apricots Apple Juice	Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins	Chicken Divan Buttered Noodles Carrots Fresh Fruit Grape Juice	Ham Loaf Parried Potatoes Brussel Sprouts Applesauce Fruit Punch	Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Raisins	
31						

Preble County Council on Aging Congregate and HDM meal menu for 2020

Jeanne M. Orsagone MA RDH

2020

JUN

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Chicken Patty Sandwich Baked Beans Prince Charles Vegetables Pears	2 Tuna Salad Macaroni Salad Pea Salad Mixed Fruit Orange Juice	3 Meatloaf Mashed Potatoes Green Beans Citrus Salad Craisins	4 Baked Ham Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice	5 Country Fried Steak Mashed Potatoes Green Beans Banana Apple Juice	6
5	8 Hot Dog Baked Beans Corn Mixed Fruit Craisins	9 Egg Salad Coleslaw Italian Tomatoes Cucumbers Pineapple Tidbits Cran-Rasp Juice	10 Ham & Beans w/ Onions Hashbrowns Carrots Peaches Raisins	11 Goulash Italian Green Beans Baked Apples Fruit Salad Rice Crispy Treat	12 Salmon Patties Creamed Peas Stewed Tomatoes Applesauce Fruit Punch	13
7						
6						
14	15 Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	16 Chicken Salad Potato Salad Pickled Eggs & Beets Apricots	17 Beef Teriyaki Rice Broccoli Pineapple Tidbits Grape Juice	18 Roast Pork Parsiled Potatoes Corn O'Brien Peaches Raisins	19 Fish Parmesan Farfalle Far East Vegetables Fruit Cocktail Orange Juice	20
21	22 Swedish Meatballs Buttered Noodles Peas & Carrots Pears Fruit Punch	23 Lunchmeat Hoagie 3 Beans Salad Picnic Salad Fresh Fruit Craisins	24 Turkey w/ Gravy Hashbrown Casserole Nantucket Blend Vegetables	25 Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	26 BBQ Pork Riblet Mac & Cheese Succotash Mixed Fruit Raisins	27
28	29 Chicken Casserole Corn Peas w/ Pimentos Peaches Rice Crispy Treat	30 Ham Salad Pasta Salad Cucumber & Onions Citrus Salad Craisins		2 Hamburger Mac & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit	3 Lemon Garlic Fish Rice Baby Carrots Pineapple Tidbits Orange Juice	
3						

NOTES: Preble County Council on Aging Congregate and HDM meal menu for 2020

James M. Morgan, M.D.

2020

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	29	30	1	2	3	4
3			Beef Tips w/ Gravy Confetti Mashed Potatoes Spinach Pears Cran-Rasp Juice	Hamburger Mac & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit	Lemon Garlic Fish Rice Baby Carrots Pineapple Tidbits Orange Juice	
5	6	7	8	9	10	11
	Chili Baked Potato Broccoli Apricots Apple Juice	Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins	Chicken Divan Buttered Noodles Carrots Fresh Fruit Grape Juice	Ham Loaf Parslaid Potatoes Brussel Sprouts Applesauce Fruit Punch	Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Raisins	
12	13	14	15	16	17	18
	Chicken Patty Sandwich Baked Beans Prince Charles Vegetables Peanut Butter	Tuna Salad Macaroni Salad Pea Salad Mixed Fruit Orange Juice	Meatloaf Mashed Potatoes Green Beans Citrus Salad Craisins	Baked Ham Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice	Country Fried Steak Mashed Potatoes Green Beans Banana Apple Juice	
19	20	21	22	23	24	25
	Hot Dog Baked Beans Corn Mixed Fruit Craisins	Egg Salad Cole Slaw Italian Tomatoes Cucumbers Pineapple Tidbits	Ham & Beans w/ Onions Hashbrowns Carrots Peaches	Goulash Italian Green Beans Baked Apples Fruit Salad Rice Crispy Treat	Salmon Patties Creamed Peas Stewed Tomatoes Applesauce Fruit Punch	
26	27	28	29	30	31	
	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	Chicken Salad Potato Salad Pickled Eggs & Beets Apricots	Beef Teriyaki Rice Broccoli Pineapple Tidbits Grape Juice	Roast Pork Parslaid Potatoes Corn O'Brien Peaches Raisins	Fish Parmesan Farfalle Far East Vegetables Fruit Cocktail Orange Juice	
1						

NOTES: Preble County Council on Aging Congregate and HDM meal menu for 2020

Heather M. Drogenmader

2020

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
1	27	28	29	30	31	1
2	3	4	5	6	7	8
	Swedish Meatballs Buttered Noodles Peas & Carrots Pears Fruit Punch	Lunchmeat Hoagie 3 Beans Salad Picnic Salad Fresh Fruit Craisins	Turkey w/ Gravy Hashbrown Casserole Nantucket Blend Vegetables	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	BBQ Pork Riblet Mac & Cheese Succotash Mixed Fruit Raisins	
9	10	11	12	13	14	15
	Chicken Casserole Corn Peas w/ Pimientos Peaches Rice Crispy Treat	Ham Salad Pasta Salad Cucumber & Onions Citrus Salad	Beef Tips w/ Gravy Confetti Mashed Potatoes Spinach Pears	Hamburger Mac & Cheese Tomato, Lettuce, Onion Peas	Leftover Turkey Rice Baby Carrots Pineapple Tidbits Orange Juice	
16	17	18	19	20	21	22
	Chili Baked Potato Broccoli Apricots Apple Juice	Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins	Chicken Divan Buttered Noodles Carrots Fresh Fruit Grape Juice	Ham Loaf Parished Potatoes Brussel Sprouts Applesauce Fruit Punch	Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Raisins	
23	24	25	26	27	28	29
	Chicken Patty Sandwich Baked Beans Prince Charles Vegetables	Tuna Salad Macaroni Salad Pea Salad Mixed Fruit Orange Juice	Mashed Potatoes Green Beans Citrus Salad Craisins	Baked Ham Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice	Country Fried Steak Mashed Potatoes Green Beans Banana Apple Juice	
30	31					
	Hot Dog Baked Beans Corn Mixed Fruit Craisins					

Preble County Council on Aging Congregate and HDM meal menu for 2020

NOTES:

Leanne H. Hageman

2020

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Very Berry Juice	2 Chicken Pot Pie Corn Asparagus Pears Fruit Punch	3 Meatloaf Baked Potato Green Beans Peaches Craisins	4 Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins	5
6		8 Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins	9 Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	10 Country Fried Steak Mashed Potatoes Peas Apple Orange Juice	11 Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice	12
13	14 Sausage Gravy Biscuit Peas Baked Apples Mandarin Oranges	15 Chicken Salad Potato Salad Cole Slaw Peaches Orange Juice	16 Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	17 Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	18 Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	19
20	21 Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	22 Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	23 Hot Dog Baked Beans Succotash Pears Cran-Rasp Juice	24 Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	25 Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	26
27	28 Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	29 Creamed Chicken Biscuit Peas w/Onions Carrots Fruit Cocktail	30 Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice			
4						

Preble County Council on Aging Congregate and HDM meal menu for 2020

Jeanne M. Magnuson, MEd

NOTES:

2020

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	28	29	30	1	2	3
4				Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch	
4	5	6	7	8	9	10
	Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins	Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	Cabbage Rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad Cran-Rasp. Juice	Baked Spaghetti Italian Green Beans Corn Peaches	Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice	
11	12	13	14	15	16	17
	Beef Tips Corn Casserole Broccoli Fruit Cocktail	Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Van. Bean. Juice	Chicken Pot Pie Corn Asparagus Pears Fruit Punch	Meatloaf Baked Potato Green Beans Peaches Craisins	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins	
18	19	20	21	22	23	24
	Sausage Gravy Biscuit Peas Baked Apples Mandarin Oranges	Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Country Fried Steak Mashed Potatoes Peas Apple Orange Juice	Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice	
25	26	27	28	29	30	31
	Chicken Casserole Lima Beans Squash Pears	Chicken Salad Potato Salad Cole Slaw Peaches Orange Juice	Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	
2						

Preble County Council on Aging Congregate and HDM meal menu for 2020

NOTES:

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same in November

2020

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	Hot Dog Baked Beans Succotash Pears Cran-Rasp Juice	Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	
8	9	10	11	12	13	14
	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	Creamed Chicken Biscuit Peas w/Onions Carrots Fruit Cocktail	Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice	Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad	
15	16	17	18	19	20	21
	Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins	Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	Cabbage rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad Cran-Rasp Juice	Baked Spaghetti Italian Green Beans Corn Peaches	Sausage Links Hash Browns Baked Peaches Applesauce Gelatin	
22	23	24	25	26	27	28
	Beef Tips Corn Casserole Broccoli Fruit Cocktail	Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Very Berry Juice	Chicken Pot Pie Corn Asparagus Pears Fruit Punch	Meatloaf Baked Potato Green Beans Peaches Craisins	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins	
29	30					
	Sausage Gravy Biscuit Peas Baked Apples Mandarin Oranges					
1						

NOTES: Preble County Council on Aging Congregate and HDM meal menu for 2020

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James M. Wagner

2020

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
1		Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Country Fried Steak Mashed Potatoes Peas Apple Orange Juice	Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice	
6	7	8	9	10	11	12
	Chicken Casserole Lima Beans Squash Pears	Chicken Salad Potato Salad Cole Slaw Peaches Orange Juice	Pepper Steak Garden Rice Peas & Carrots Pineapple Tidbits Craisins	Chili w/Beans Baked Potato Broccoli Tropical Fruit Fruit Punch	Lemon Garlic Fish Rice Pilaf Peas Fresh Fruit Grape Juice	
13	14	15	16	17	18	19
	Beef And Noodles Mashed Potatoes Buttered Corn Fruit Salad Apple Juice	Roast Turkey Stuffing Nantucket Veg. Applesauce Craisins	Hot Dog Baked Beans Succotash Pears Cran-Rasp Juice	Meatloaf Mashed Potatoes Green Beans Citrus Salad Grape Juice	Tuna Noodle Casserole Peas Prince Charles Veg. Mandarin Oranges	
20	21	22	23	24	25	26
	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	Creamed Chicken Biscuit Peas W/Onions Carrots Fruit Cocktail	Ham Loaf Au Gratin Potatoes Harvard Beets Peaches Apple Juice	Hamburger Macaroni & Cheese Spinach Fruited Gelatin Raisins	Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch	
27	28	29	30	31		
	Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins	Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice	Lapage rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad <i>Cran-Pear Juice</i>	Baked Spaghetti Italian Green Beans Corn Peaches	Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice	
5						

NOTES: Preble County Council on Aging Congregate and HDM meal menu for 2020

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Jeane M. Morgan MEd

Spring/Summer 2020

<u>Food</u>	<u>Portion</u>	<u>March, April, May, June,</u> <u>July, August</u>
<u>WEEK 1</u>		
Smoked Sausage	1 sausage (3oz)	
Mashed Potatoes	1/2 c	
Sauerkraut	1/2 c	
Applesauce	1/2 c	
Craisins	1/2 c	
Milk	8 oz	
Sliced Wheat Bread	1 slice	
Butter Pat	1 pat	
Chicken Salad	4oz	
Potato Salad	1/2 c	
Pickled Eggs and Beets	1/2 c	
Apricots	1/2 c	
Apple Juice	4oz	
Milk	8 oz	
Sliced Wheat Bread	1 slice	
Butter Pat	1 pat	
Beef Teriyaki	3oz	
Rice	1/2 c	
Broccoli	1/2 c	
Pineapple Tidbits	1/2 c	
Grape Juice	4oz	
Milk	8 oz	
Sliced Wheat Bread	1 slice	
Butter Pat	1 pat	
Roast Pork	3oz	
Parslied Potatoes	1/2 c	
Corn O'Brien	1/2 c	
Peaches	1/2 c	

jeanne m. morgan MARCH

Raisins	1/2 c	
Milk	8 oz	
Sliced wheat bread	1 slice	
Butter Pat	1 pat	
Fish	3oz	
Parmesan Farfalle	1/2 c	
Far East Vegetables	1/2 c	
Fruit Cocktail	1/2 c	
Orange Juice	4oz	
Milk	8 oz	
Wheat Bread	1 slice	
Butter Pat	1 pat	
<u>WEEK 2</u>		
Swedish meatballs	3oz	
Buttered Noodles	1/2 c	
Peas & carrots	1/2 c	
Pears	1/2 c	
Fruit Punch Juice	4oz	
Milk	8 oz	
Wheat Bread	1 slice	
Butter Pat	1 pat	
Lunch meat Hoagie	3oz meat/cheese	
3 Bean Salad	1/2 c	
Picnic Salad	1/2 c	
Fresh Fruit	1/2 c	
Craisins	1/2 c	
Milk	8 oz	
Hoagie bun	1 bun	
Butter Pat	1 pat	

James M. Morgan MEd

Turkey w/gravy	3oz	
Hash brown Casserole	1/2 c	
Nantucket Blend Vegetables	1/2 c	
Mandarin Oranges	1/2 c	
Very Berry Juice	4 oz	
Milk	8 oz	
Wheat Bread	1 slice	
Butter	1 pat	
Meatloaf	4oz	
Mashed Potatoes	1/2 c	
Green Beans	1/2 c	
Applesauce Gelatin	1/2 c	
Grape Juice	4 oz	
Milk	8 oz	
Wheat Bread	1 slice	
Butter	1 pat	
BBQ Pork Riblet	3oz	
Mac & Cheese	1/2 c	
Succotash	1/2 c	
Mixed Fruit	1/2 c	
Raisins	1/4 c	
Milk	8 oz	
Bun	1 Bun	
Butter	1 pat	
<u>WEEK 3</u>		
Chicken Casserole	6oz	
Corn	1/2 c	
Peas w/ Pimentos	1/2 c	
Peaches	1/2 c	
Rice Crispy Treat	1	

Jeane M. Morgan M.Ed.

Milk	8 oz	
Wheat Bread	1 slice	
Butter	1 pat	
Ham Salad	3oz	
pasta salad	1/2 c	
Cucumber & Onions	1/2 c	
Citrus Salad	1/2 c	
Craisins	1/2 c	
Milk	8 oz	
Wheat Bread	1 slice	
Butter	1 pat	
Beef Tips w/gravy	4oz	
Confetti Mashed Potatoes	1/2 c	
Spinach	1/2 c	
Pears	1/2 c	
Cranberry Raspberry Juice	4oz	
Milk	8 oz	
Bun	1 slice	
Butter	1 pat	
Hamburger	3oz patty	
Macaroni & Cheese	1/2 c	
Tomato, Lettuce, Onion	1 slice each	
Peas	1/2 c	
Fresh Fruit	1/2 c	
Apple Juice	4oz	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
Lemon Garlic Fish	3oz	

James M. Logan, M.D.

Rice	1/2 c	
Baby Carrots	1/2 c	
Pineapple Tidbits	1/2 c	
Orange Juice	4 oz	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
<u>WEEK 4</u>		
Chili	6 oz	
Baked Potato	1/2 potato	
Broccoli	1/2 c	
Apricots	1/2 c	
Apple Juice	4 oz	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
Roast Beef	3 oz	
Au graten Potatoes	1/2 c	
Mixed Vegetables	1/2 c	
Fruit Cocktail	1/2 c	
Craisins	1/2 c	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
Chicken Divan	3 oz	
Buttered Noodles	1/2 c	
Carrots	1/2 c	
Fresh Fruit	1/2 c	
Grape Juice	4 oz	
Milk	8 oz	

James M. McQuinn M.A. CCL

bread	1 slice	
Butter	1 pat	
Ham Loaf	3oz	
Parslied Potatoes	1/2 c	
Brussel Sprouts	1/2 c	
Applesauce	1/2 c	
Fruit Punch	4 oz	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
Turkey w/gravy	3 oz	
Stuffing	1/2 c	
Peas w/ onions	1/2 c	
Mandarin Oranges	1/2 c	
Raisins	1/2 c	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
<u>WEEK 5</u>		
Chicken Patty Sandwich	3 oz	
Baked Beans	1/2 c	
Prince Charles Vegetables	1/2 c	
Pears	1/2 c	
Raisins	1/2 c	
Milk	8 oz	
Bun	1 bun	
Butter	1 pat	
Tuna Salad	4oz	
Macaaroni Salad	1/2 c	

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Rice crispy Treats	1	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	
Salmon Patties	4 oz	
Creamed Peas	1/2 c	
Stewed Tomatoes	1/2 c	
Applesauce	1/2 c	
Fruit Punch	4 oz	
Milk	8 oz	
Bread	1 slice	
Butter	1 pat	

Jeane M. Mogue M.A.R.D.C.

Fall/Winter 2020

Jan, Feb, Sept, Oct, Nov, Dec

<u>Food</u>	
<u>WEEK 1</u>	<u>Portion Size</u>
Sausage gravy	4 oz
Peas	4 oz
Baked Apples	4 oz
Citrus Salad	4 oz
Milk	8 oz
Biscuit	1 biscuit
Butter Pat	1 pat
Roast Beef	3 oz
Red Potatoes	4 oz
Sugar Snap Peas	4 oz
Pineapple Tidbits	4 oz
Raisins	4 oz
Milk	8 oz
Sliced Wheat Bread	1 Slice
Butter Pat	1 pat
Lasagna	6 oz
Italian green beans	4 oz
Carrots	4 oz
Mixed Fruit	4 oz
Craisins	4 oz
Milk	8 oz
Sliced Wheat Bread	1 slice
Butter Pat	1 pat
Country Fried Steak	3 oz
Mashed Potatoes	4 oz
Peas	4 oz
Apple	1 apple
Orange Juice	4 oz
Gravy	2 oz
Milk	8 oz
Sliced Wheat Bread	1 slice
Butter Pat	1 pat
Roast Pork	3 oz
Hash Brown Casserole	4 oz
Cooked Cabbage	4 oz
Apricots	4 oz
Grape Juice	4 oz
Milk	8 oz

James M. Logan M.A. R.D.

Wheat Bread	1 slice
Butter Pat	1 pat
<u>WEEK 2</u>	
Chicken Casserole	6 oz
Squash	4 oz
Lima Beans	4 oz
Pears	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter Pat	1 pat
Chicken Salad	4 oz
Potato Salad	4 oz
Cole Slaw	4 oz
Peaches	4 oz
Orange Juice	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter Pat	1 pat
Pepper steak	3 oz
White Rice	4 oz
Peas & Carrots	4 oz
Pineapple Tidbits	4 oz
Craisins	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter	1 pat
Chili w/ Beans	6 oz
Baked Potato	1/2 potato (4oz)
Broccoli	4 oz
Mandarin Oranges	4 oz
Fruit Punch	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter	1 pat
Lemon Garlic Fish	3 oz
Rice Pilaf	4 oz
Peas	4 oz
Tropical Fruit	4 oz
Grape Juice	4 oz

James M. Loggins MARCH

Milk	8 oz
Wheat Bread	1 slice
Butter	1 pat
<u>WEEK 3</u>	
Beef and Noodles	6 oz
Mashed Potatoes	4 oz
Corn	4 oz
Fruit Salad	4 oz
Apple Juice	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter	1 pat
Turkey	3 oz
Stuffing	4 oz
Nantucket Vegetables Blend	4 oz
Applesauce	4 oz
Craisins	4 oz
Milk	8 oz
Wheat Bread	1 slice
Butter	1 pat
Hot Dog	1 Hot Dog (3 oz)
Baked Beans	4 oz
Succotash	4 oz
Pears	4 oz
Cran-Rasp Juice	4 oz
Milk	8 oz
Bun	1 bun
Butter	1 pat
Meatloaf	3 oz
Mashed Potatoes	4 oz
Green Beans	4 oz
Citrus Salad	4 oz
Grape Juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Tuna Noodle Casserole	6 oz
Peas	4 oz
Prince Charles Vegetables	4 oz

Jeane M. Morgan M.A.R.D.

Mandarin Oranges	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
<u>WEEK 4</u>	
Smoked Sausage	3 oz
Mashed Potatoes	4 oz
Sauerkraut	4 oz
Pineapple Tidbits	4 oz
Very Berry Juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Creamed Chicken	4 oz
Peas w/ Onions	4 oz
Carrots	4 oz
Fruit Cocktail	4 oz
Milk	8 oz
Biscuit	1 biscuit
Butter	1 pat
Ham Loaf	3 oz
Au Gratin Potatoes	4 oz
Harvard Beets	4 oz
Peaches	4 oz
Apple juice	4 oz
Milk	8 oz
Cornbread	1 slice
Butter	1 pat
Hamburger	3 oz
Macaroni & Cheese	4 oz
Spinach	4 oz
Fruit Salad	4 oz
Raisins	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Salisbury Steak	3 oz
Gravy	2 oz
Mashed Potatoes	4 oz

James M. Laguerre MARCH

Broccoli & Cauliflower	4 oz
Fruited Gelatin	6 oz
Fruit Punch	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
<u>WEEK 5</u>	
Chicken and noodles	6 oz
Mashed Potatoes	4 oz
Mixed Vegetables	4 oz
Mixed Fruit	4 oz
Craisins	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Baked Ham	3 oz
Sweet Potato	4 oz (1/2 potato)
Lima Beans	4 oz
Pears	4 oz
Apple Juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Cabbage Roll	3 oz (1 roll)
Tomato Sauce	2 oz
Confetti Mashed Potatoes	4 oz
Green Beans	4 oz
Tropical Fruit Salad	4 oz
Cran-Rasp juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Baked Spaghetti	6 oz
Italian Green Beans	4 oz
Corn	4 oz
Peaches	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat

James M. Boggs M.A.R.D.

Sausage Links	3 oz
Hash Browns	4 oz
Baked Peaches	4 oz
Applesauce Gelatin	4 oz
Grape Juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
<u>WEEK 6</u>	
Beef Tips	3 oz
Corn Casserole	4 oz
Broccoli	4 oz
Fruit Cocktail	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Soup beans w/ ham & onions	6 oz
Hash Browns	4 oz
Spinach	4 oz
Applesauce	4 oz
Very Berry Juice	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Chicken Pot Pie	6 oz
Corn	4 oz
Asparagus	4 oz
Pears	4 oz
Fruit Punch	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat
Meatloaf	3 oz
Baked Potato	4 oz (1/2 potato)
Green Beans	4 oz
Peaches	4 oz
Craisins	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat

Salmon Patty	3 oz
Creamed Peas	4 oz
Stewed Tomatoes	4 oz
Mandarin Oranges	4 oz
Raisins	4 oz
Milk	8 oz
Bread	1 slice
Butter	1 pat

James M. Logan M.D.