

# January 2023

## Preble County Council on Aging 2023 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Fall/Winter 6	CLOSED	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	Soup Beans w/ Ham & Onion Hash Browns Mixed Greens Applesauce Fruit Punch	Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice	Chicken Parmesan Spaghetti Italian Green Beans Mandarin Oranges Craisins	
8	9	10	11	12	13	14
	Sausage Gravy over Biscuit Peas & Carrots Baked Apples Fruit Salad Treat	Roast Beef Red Potatoes Lima Beans Peaches Raisins	Chicken Pot Pie Buttered Corn Broccoli Pears Treat	Country Fried Steak with Gravy Mashed Potatoes Peas Apple Orange Juice	Roast Beef Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins	
15	16	17	18	19	20	21
	Hot Dog Baked Beans Corn Pears Cranberry-Raspberry Juice	Chicken Salad Potato Salad Pickled Egg & Beets Peaches Fruit Punch	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Chicken & Dumplings Mashed Potatoes Succotash Peas Apple Juice	Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice	
22	23	24	25	26	27	28
	Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Breaded Pork Tenderloin Parisled Potatoes Buttered Beets Peaches Applesauce	Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice	Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins	
3	30	31	1	2	3	4
29	Sausage Hashbrowns Hominy Applesauce Raisins	Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat				
4						

NOTES

All Meals include Milk, Bread, and Butter

*Jeanne M Mbagwu MA RDL D*









# May 2023

## Preble County Council on Aging 2023 Home Delivered Meals and Congregate Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30							
5		Soup Beans w/ Ham & Onions Hashbrowns Spinach Peaches Raisins	Ham Salad Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice	Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins	Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice	Swiss Steak Rice Broccoli Mandarin Oranges Apple Juice	
7		8	9	10	11	12	13
		Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	No HDM or Cong meals	Pork Chop Parslief Potatoes Brussel Sprouts Applesauce Very Berry Juice	Goulash Corn Italian Green Beans Fruit Salad Treat	Breaded Fish Garden Rice Carrots Pineapple Tidbits Craisins	
14		15	16	17	18	19	20
		Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice	Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice	Chili with Beans Baked Potato Broccoli Fruit Cocktail Craisins	Roast Pork Parslief Potatoes Corn O'Brien Peaches Raisins	Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice	
21		22	23	24	25	26	27
		Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Fruit Punch	Ham & Cheese Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice	Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	Salisbury Steak Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins	
28		29	30	31			
		Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	Tuna Salad Macaroni Salad Cucumber & Onions Pears Very Berry Juice	Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice			
3							
4							
			NOTES				

All Meals include Milk, Bread, and Butter



# July 2023

## Preble County Council on Aging 2023 Home Delivered Meals and Congregate Menu

*Jeanne M Mbagwu MARDLD*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Fruit Punch	CLOSED Independence Day	Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	Salisbury Steak Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins	
9	10	11	12	13	14	15
	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	Tuna Salad Macaroni Salad Cucumber & Onions Pears Very Berry Juice	Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch	
16	17	18	19	20	21	22
	Swedish Meatballs Buttered Noodles Peas Pears Craisins	Turkey & Cheese Sandwich Cole Slaw Pea Salad Peaches Raisins	Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice	Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	Chicken Casserole Carrots Fresh Fruit Very Berry Juice	
23	24	25	26	27	28	29
	Soup Beans w/ Ham & Onions Hashbrowns Spinach Peaches Raisins	Ham Salad Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice	Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins	Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice	Swiss Steak Rice Broccoli Mandarin Oranges Apple Juice	
30	31	NOTES				
	Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	All Meals include Milk, Bread, and Butter				





# September 2023

## Preble County Council on Aging 2023 Home Delivered Meals and Congregate Menu

*Jeanne M Mbagwu M.A.R.D.L.D*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
27	28	29	30	31	1	2	
					Chicken Casserole Carrots Fresh Fruit Very Berry Juice		
4	4	5	6	7	8	9	
	CLOSED Labor Day	Roast Beef Red Potatoes Lima Beans Peaches Raisins	Chicken Pot Pie Buttered Corn Broccoli Pears Treat	Country Fried Steak with Gravy Mashed Potatoes Peas Apple Orange Juice	Roast Beef Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins		
10	11	12	13	14	15	16	
Start Fall/Winter Menu 1	Hot Dog Baked Beans Corn Pears Cranberry-Raspberry Juice	Chicken Salad Potato Salad Pickled Egg & Beets Peaches Fruit Punch	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Chicken & Dumplings Mashed Potatoes Succotash Pears Apple Juice	Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice		
17	18	19	20	21	22	23	
	Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Breaded Pork Tenderloin Parsled Potatoes Buttered Beets Peaches Applesauce	Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice	Breaded Fish Fairfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins		
24	25	26	27	28	29	30	
	Sausage Hashbrowns Hominy Applesauce Raisins	Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat	Salsibury Steak Red Potatoes Peas & Carrots Fruit Salad Grape Juice	Hamburger Macaroni & Cheese Peas Fruited Gelatin Raisins	Crab Cakes Garden Rice Lima Beans Pineapple Tidbits Orange Juice		
1	2	NOTES					
		All Meals include Milk, Bread, and Butter					





# December 2023

## Preble County Council on Aging 2023 Home Delivered Meals and Congregate Menu

*Jeanne M Mbagwe MARDLD*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					Roast Beef Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins	
3	4	5	6	7	8	9
	Hot Dog Baked Beans Corn Pears Cranberry-Raspberry Juice	Chicken Salad Potato Salad Pickled Egg & Beets Peaches Fruit Punch	Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	Chicken & Dumplings Mashed Potatoes Succotash Pears Apple Juice	Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice	
10	11	12	13	14	15	16
	Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Applesauce	Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice	Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins	
17	18	19	20	21	22	23
	Sausage Hashbrowns Hominy Applesauce Raisins	Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat	Salisbury Steak Red Potatoes Peas & Carrots Fruit Salad Grape Juice	CLOSED CHRISTMAS BASKET DELIVERY Staff Christmas Party	CLOSED Christmas Eve (Observed)	
24	25	26	27	28	29	30
	CLOSED Christmas Day	Baked Ham Sweet Potatoes Brussel Sprouts Pears Apple Juice	Cabbage Rolls Mashed Potatoes Green Beans Peaches Cranberry-Raspberry Juice	Baked Spaghetti Italian Green Beans Corn Applesauce Gelatin Treat	CLOSED New Year's Eve (Observed)	
31	1	NOTES				
	CLOSED New Year's Day	All Meals include Milk, Bread, and Butter				
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**Spring/Summer Menu 2023 PCCOA**

*\*\*all meals come with one slice o bread (unless otherwise noted), butter, and 8oz of milk\*\**

<b><u>Item</u></b>	<b><u>Portion Size</u></b>
<b><i>Week One</i></b>	
<b>Monday</b>	
Hot Dog	3 oz
Baked Beans	4 oz
Corn	4 oz
Mixed Fruit	4 oz
Very Berry Juice	4 oz
<b>Tuesday</b>	
Chicken Salad	3 oz
Potato Salad	4 oz
Pickled Egg and Beets	1/2 Egg & 4 oz
Pears	4 oz
Apple Juice	4 oz
<b>Wednesday</b>	
Chili w/ Beans	6 oz
Baked Potato	4 oz (1/2 potato)
Broccoli	4 oz
Fruit Cocktail	4 oz
Craisins	4 oz
<b>Thursday</b>	
Roast Pork	3 oz
Parslied Potatoes	4 oz
Corn O'Brien	4 oz
Peaches	4 oz
Raisins	4 oz
<b>Friday</b>	
Lemon Garlic Fish	3 oz
Rice Pilaf	4 oz
Broccoli	4 oz

***Week Four*****Monday**

Swedish Meatballs	3 oz
Buttered Noodles	4 oz
Peas	4 oz
Pears	4 oz
Craisins	4 oz

**Tuesday**

Turkey & Cheese Sandwich	3 oz
Coleslaw	4 oz
Pea Salad	4 oz
Peaches	4 oz
Raisins	4 oz

**Wednesday**

Baked Ham	3 oz
Sweet Potatoes	4 oz
Lima Beans	4 oz
Fruit Salad	4 oz
Grape Juice	4 oz

**Thursday**

Hamburger	3 oz
Baked Beans	4 oz
Corn	4 oz
Mixed Fruit	4 oz
Fruit Punch	4 oz

**Friday**

Chicken Casserole	6 oz
Carrots	4 oz
Fresh Fruit	4 oz
Very Berry Juice	4 oz

***Week Five***

Fresh Fruit 4 oz  
Orange Juice 4 oz

**Week Two**

## Monday

Chicken & Dumplings 4 oz  
Mashed Potatoes 4 oz  
Peas & Carrots 4 oz  
Tropical Fruit 4 oz  
Fruit Punch 4 oz

## Tuesday

Ham & Cheese Sandwich 3 oz  
Picnic Salad 4 oz  
3 Bean Salad 4 oz  
Pineapple Tidbits 4 oz  
Orange Juice 4 oz

## Wednesday

Turkey 6 oz  
Gravy 2 oz  
Stuffing 4 oz  
Peas w/ Onions 4 oz  
Mandarin Oranges 4 oz  
Craisins 4 oz

## Thursday

Meatloaf 6 oz  
Mashed Potatoes 4 oz  
Green Beans 4 oz  
Applesauce Gelatin 4 oz  
Grape Juice 4 oz

## Friday

Salisbury Steak 3 oz  
Macaroni & Cheese 4 oz  
Buttered Cabbage 4 oz  
Mixed Fruit 4 oz  
Raisins 4 oz

## Monday

Soup Beans w/ Ham & Onions 6 oz  
Hashbrowns 4 oz  
Spinach 4 oz  
Peaches 4 oz  
Raisins 4 oz

## Tuesday

Ham Salad 3 oz  
Pasta Salad 4 oz  
Tomato & Cucumber Salad 4 oz  
Mixed Fruit 4 oz  
Orange Juice 4 oz

## Wednesday

Sweet & Sour Chicken 3 oz  
Fried Rice 4 oz  
Far East Vegetables 4 oz  
Citrus Salad 4 oz  
Craisins 4 oz

## Thursday

Meatloaf 3 oz  
Mashed Potatoes 4 oz  
Green Beans 4 oz  
Fruited Gelatin 4 oz  
Grape Juice 4 oz

## Friday

Swiss Steak 3 oz  
Rice 4 oz  
Broccoli 4 oz  
Mandarin Oranges 4 oz  
Apple Juice 4 oz

**Week Six**

## Monday

Grilled Chicken 3 oz

**Week Three**

**Monday**

Smoked Sausage	3 oz
Mashed Potatoes	4 oz
Sauerkraut	4 oz
Applesauce	4 oz
Craisins	4 oz

**Tuesday**

Tuna Salad	3 oz
Macaroni Salad	4 oz
Cucumber & Onions	4 oz
Pears	4 oz
Very Berry Juice	4 oz

**Wednesday**

Roast Beef	3 oz
Augratin Potatoes	4 oz
Mixed Vegetables	4 oz
Fruit Cocktail	4 oz
Apple Juice	4 oz

**Thursday**

Country Fried Steak	3 oz
Gravy	2 oz
Mashed Potatoes	4 oz
Green Beans	4 oz
Peaches	4 oz
Grape Juice	4 oz

**Friday**

Salmon Patty	3 oz
Creamed Peas	4 oz
Stewed Tomatoes	4 oz
Banana	4 oz
Fruit Punch	4 oz

Macaroni & Cheese	4 oz
Prince Charles Vegetables	4 oz
Pears	4 oz
Raisins	4 oz

**Tuesday**

Chicken & Cheese Sandwich	3 oz
Pasta Salad	4 oz
Carrot-Raisin Salad	4 oz
Tropical Fruit	4 oz
Cranberry Raspberry Juice	4 oz

**Wednesday**

Pork Chop	6 oz
Parslied Potatoes	4 oz
Brussel Sprouts	4 oz
Applesauce	4 oz
Very Berry Juice	4 oz

**Thursday**

Goulash	6 oz
Corn	4 oz
Italian Green Beans	4 oz
Fruit Salad	4 oz
Treat	4 oz

**Friday**

Breaded Fish	3 oz
Garden Rice	4 oz
Carrots	4 oz
Pineapple Tidbits	4 oz
Craisins	4 oz

**Fall/Winter Menu 2023 PCCOA**

**Week Four**

*\*\*all meals come with one slice o bread (unless otherwise noted), butter, and 8oz of milk\*\**

<u>Item</u>	<u>Portion Size</u>
<b>Week One</b>	
<b>Monday</b>	
Sausage Gravy	6 oz
Biscuit	1
Peas & Carrots	4 oz
Baked Apples	4 oz
Fruit Salad	4 oz
Treat	1
<b>Tuesday</b>	
Roast Beef	3 oz
Red Potatoes	4 oz
Lima Beans	4 oz
Peaches	4 oz
Raisins	4 oz
<b>Wednesday</b>	
Chicken Pot Pie	6 oz
Buttered Corn	4 oz
Broccoli	4 oz
Pears	4 oz
Treat	1
<b>Thursday</b>	
Country Fried Steak	3 oz
Country Gravy	2oz
Mashed Potatoes	4 oz
Peas & Carrots	4 oz
Apple	1
Orange Juice	4 oz
<b>Friday</b>	
Roast Pork	3 oz
Hashbrown Casserole	4 oz
Buttered Cabbage	4 oz

Sausage	3 oz
Hashbrowns	4 oz
Hominy	4 oz
Applesauce	4 oz
Raisins	4 oz
<b>Tuesday</b>	
Creamed Chicken	4 oz
Biscuit	1
Peas & Onions	4 oz
Cauliflower	4 oz
Fruit Cocktail	4 oz
Grape Juice	4 oz
<b>Wednesday</b>	
Salisbury Steak	3 oz
Red Potatoes	4 oz
Peas & Carrots	4 oz
Fruit Salad	4 oz
Grape Juice	4 oz
<b>Thursday</b>	
Hamburger	3 oz
Macaroni & Cheese	4 oz
Peas	4 oz
Fruited Gelatin	4 oz
Raisins	4 oz
<b>Friday</b>	
Crab Cake	3 oz
Garden Rice	4 oz
Lima Beans	4 oz
Pineapple Tidbits	4 oz
Orange Juice	4 oz



Citrus Salad 4 oz  
 Craisins 4 oz

**Week Two**

**Monday**

Hot Dog 3 oz  
 Baked Beans 4 oz  
 Corn 4 oz  
 Pears 4 oz  
 Cranberry Raspberry Juice 4 oz

**Tuesday**

Chicken Salad 3 oz  
 Potato Salad 4 oz  
 Pickled Egg & Beets 1/2 egg & 4 oz  
 Peaches 4 oz  
 Fruit Punch 4 oz

**Wednesday**

Lasagna 6 oz  
 Italian Green Beans 4 oz  
 Carrots 4 oz  
 Mixed Fruit 4 oz  
 Craisins 4 oz

**Thursday**

Chicken & Dumplings 6 oz  
 Mashed Potatoes 4 oz  
 Succotash 4 oz  
 Pears 4 oz  
 Treat 1

**Friday**

Lemon Garlic Fish 3 oz  
 Rice Pilaf 4 oz  
 Far East Vegetables 4 oz  
 Fresh Fruit 4 oz  
 Grape Juice 4 oz

**Week Five**

**Monday**

Chicken & Noodles 6 oz  
 Mashed Potatoes 4 oz  
 Mixed Vegetables 4 oz  
 Fruit Salad 4 oz  
 Craisins 4 oz

**Tuesday**

Baked Ham 3 oz  
 Sweet Potatoes 4 oz  
 Brussel Sprouts 4 oz  
 Pears 4 oz  
 Apple Juice 4 oz

**Wednesday**

Cabbage Roll 3 oz (1 roll)  
 Mashed Potatoes 4 oz  
 Green Beans 4 oz  
 Peaches 4 oz  
 Cranberry-Raspberry Juice 4 oz

**Thursday**

Baked Spaghetti 3 oz  
 Italian Green Beans 4 oz  
 Corn 4 oz  
 Applesauce Gelatin 4 oz  
 Treat 1

**Friday**

Salmon Patty 3 oz  
 Creamed Peas 4 oz  
 Stewed Tomatoes 4 oz  
 Mandarin Oranges 4 oz  
 Raisins 4 oz

**Week Three**

**Monday**

Beef & Noodles	6 oz
Mashed Potatoes	4 oz
Mixed Vegetables	4 oz
Fruit Salad	4 oz
Apple Juice	4 oz

**Tuesday**

Roast Turkey	3 oz
Stuffing	4 oz
Prince Charles Vegetables	4 oz
Cranberry Sauce	4 oz
Very Berry Juice	4 oz

**Wednesday**

Breaded Pork Tenderloin	3 oz
Parslied Potatoes	4 oz
Buttered Beets	4 oz
Peaches	4 oz
Apple Juice	4 oz

**Thursday**

Meatloaf	3 oz
Mashed Potatoes	2oz
Green beans	4 oz
Applesauce	4 oz
Grape Juice	4 oz

**Friday**

Breaded Fish	3 oz
Farfalle	4 oz
Alfredo Sauce	2 oz
Sugar Snap Peas	4 oz
Mixed Fruit	4 oz
Craisins	4 oz

**Week Six**

**Monday**

Orange Chicken	3 oz
Fried Rice	4 oz
Sugar Snap Peas	4 oz
Fruit Cocktail	4 oz
Craisins	4 oz

**Tuesday**

Smoked Sausage	3 oz
Mashed Potatoes	4 oz
Sauerkraut	4 oz
Pineapple Tidbits	4 oz
Very Berry Juice	4 oz

**Wednesday**

Soup Beans with Ham/Onion	6 oz
Hashbrowns	4 oz
Mixed Greens	4 oz
Applesauce	4 oz
Fruit Punch	4 oz

**Thursday**

Chili	6 oz
Baked Potato	4 oz (1/2 potato)
Broccoli	4 oz
Peaches	4 oz
Apple Juice	4 oz

**Friday**

Shrimp Poppers	3 oz
Macaroni & Tomatoes	4 oz
Asparagus	4 oz
Banana	4 oz
Raisins	4 oz