


January 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
Fall/Winter 6					Spaghetti Peas & Onions Mandarin Oranges Craisins	
4	5	6	7	8	9	10
1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Mashed Potatoes Sauerkraut Applesauce Gelatin Craisins <i>Bread - 2 slices</i>	
11	12	13	14	15	16	17
2	Beef & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Raisins	Grilled Chicken Adobo Rice Succotash Pineapple Tidbits Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins <i>Bread - 2 slices</i>	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
18	19	20	21	22	23	24
3	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch <i>Bread - 2 slices</i>	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
25	26	27	28	29	30	31
4	Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice <i>Bread - 2 slices</i>	Pot Roast Root Vegetables Mandarin Oranges Craisins <i>Bread - 2 slices</i>	Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Chili Baked Potato Broccoli Fruited Gelatin Raisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Normandy Vegetables Fresh Fruit Fruit Punch	

NOTES

Denise FedorekRDNLD

All Meals include Milk, Bread, and Butter

February 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins <i>Bread - 2 slices</i>	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Steamed Rice Buttered Corn Pears Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins <i>Bread - 2 slices</i>	
5						
8	9	10	11	12	13	14
	Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch <i>Bread - 2 slices</i>	Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Breakfast Casserole Baked Apples Creamed Corn Citrus Salad Treat <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice <i>Bread - 2 slices</i>	Spaghetti Peas & Onions Mandarin Oranges Craisins	
6						
15	16	17	18	19	20	21
	Sausage Gravy Over Biscuit 	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Mashed Potatoes Sauerkraut Applesauce Gelatin Craisins <i>Bread - 2 slices</i>	
1						
22	23	24	25	26	27	28
	Beef & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Raisins	Grilled Chicken Adobo Rice Succotash Pineapple Tidbits Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins <i>Bread - 2 slices</i>	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
2						
1	2	3	4	5	6	7
	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch <i>Bread - 2 slices</i>	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
3						
8	9	<p align="center">NOTES</p> <p align="center">All Meals include Milk, Bread, and Butter</p> <p align="center"><i>Denise FedorekRDNLD</i></p>				

March 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch <i>Bread - 2 slices</i>	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
3						
8	9	10	11	12	13	14
	Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice <i>Bread - 2 slices</i>	Pot Roast Root Vegetables Mandarin Oranges Craisins <i>Bread - 2 slices</i>	Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Chili Baked Potato Broccoli Fruited Gelatin Raisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Normandy Vegetables Fresh Fruit Fruit Punch	
4						
15	16	17	18	19	20	21
	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins <i>Bread - 2 slices</i>	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Steamed Rice Buttered Corn Pears Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins <i>Bread - 2 slices</i>	
5						
22	23	24	25	26	27	28
	Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch <i>Bread - 2 slices</i>	Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Breakfast Casserole Baked Apples Creamed Corn Citrus Salad Treat <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice <i>Bread - 2 slices</i>	Spaghetti Peas & Onions Mandarin Oranges Craisins	
6						
29	30	31	1	2	3	4
	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Mashed Potatoes Sauerkraut Applesauce Gelatin Craisins <i>Bread - 2 slices</i>	
1						
5	6	NOTES	<i>Denise FedorekRDNLD</i>			
			All Meals include Milk, Bread, and Butter			

April 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Washed Potatoes Apple Sauce Craisins <i>Bread - 2 slices</i>	
5	6	7	8	9	10	11
Spring/Summer Menus start 1	Hot Dog Baked Beans Corn Mixed Fruit Raisins	Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice <i>Bread - 2 slices</i>	Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice <i>Bread - 2 slices</i>	Roast Pork w/ Gravy Parslied Potatoes Mixed Vegetables Peaches Craisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Salad Fruit Punch	
12	13	14	15	16	17	18
2	Swedish Meatballs Buttered Noodles Brussel Sprouts Pears Orange Juice	Chef Salad Ranch Dressing Peaches Raisins <i>Bread - 2 slices</i>	Turkey w/ Gravy Stuffing Peas w/Onions Mandarin Oranges Very Berry Juice	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Raisins <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice	
19	20	21	22	23	24	25
3	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins <i>Bread - 2 slices</i>	Ham & Cheese Sandwich Coleslaw 3 Bean Salad Pineapple Tidbits Cranberry-Raspberry Juice	Roast Beef w/Gravy Au gratin Potatoes Corn O'Brien Fruit Cocktail Apple Juice <i>Bread - 2 slices</i>	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice <i>Bread - 2 slices</i>	Sausage Links Home Fries Baked Apples Fruit Salad Very Berry Juice <i>Bread - 2 slices</i>	
26	27	28	29	30	1	2
4	Pepper Steak Rice Broccoli Pears Craisins	Spaghetti Vegetable Blend Mandarin Oranges Raisins	Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice <i>Bread - 2 slices</i>	Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	Chicken Casserole Carrots Fresh Fruit Very Berry Juice	
3	4	NOTES All Meals include Milk, Bread, and Butter <i>Denise FedorekRD/NLD</i>				

May 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
4	Pepper Steak Rice Broccoli Pears Craisins	Spaghetti Vegetable Blend Mandarin Oranges Raisins	Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice <i>Bread - 2 slices</i>	Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	Chicken Casserole Carrots Fresh Fruit Very Berry Juice	
3	4	5	6	7	8	9
5	Chicken & Noodles Mashed Potatoes Mixed Vegetables Peaches Juice <i>Bread - 2 slices</i>	Tuna Salad Pasta Salad Tomato & Cucumbers Mixed Fruit Orange Juice	Beef Teriyaki White Rice Broccoli Pineapple Tidbits Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Paradise Punch <i>Bread - 2 slices</i>	Breaded Fish Garden Rice Vegetable Blend Pineapple Tidbits Craisins	
10	11	12	13	14	15	16
6	Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	Senior Day/ Annual Meeting <i>Bread - 2 slices</i>	Beef Manhattan (Mashed Potatoes) Broccoli Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Goulash Green Beans Fruit Salad Craisins	Breakfast Casserole Fried Apples Peaches Tomato Juice <i>Bread - 2 slices</i>	
17	18	19	20	21	22	23
1	Hot Dog Baked Beans Corn Mixed Fruit Raisins	Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice <i>Bread - 2 slices</i>	Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice <i>Bread - 2 slices</i>	Roast Pork w/ Gravy Parslied Potatoes Mixed Vegetables Peaches Craisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Salad Fruit Punch	
24	25	26	27	28	29	30
2	Swedish Meatballs Buttered Noodles Fruit Salad Pears Orange Juice	Chef Salad Ranch Dressing Peaches Raisins <i>Bread - 2 slices</i>	Turkey w/ Gravy Stuffing Peas w/Onions Mandarin Oranges Very Berry Juice	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Raisins <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice	
31	1	NOTES				
3		<p>All Meals include Milk, Bread, and Butter</p> <p><i>Denise FedorskRDNLD</i></p>				


June 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
3	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins <i>Bread - 2 slices</i>	Ham & Cheese Sandwich Coleslaw 3 Bean Salad Pineapple Tidbits Cranberry-Raspberry Juice	Roast Beef w/Gravy Au gratin Potatoes Corn O'Brien Fruit Cocktail Apple Juice <i>Bread - 2 slices</i>	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice <i>Bread - 2 slices</i>	Sausage Links Home Fries Baked Apples Fruit Salad Very Berry Juice <i>Bread - 2 slices</i>	
7	8	9	10	11	12	13
4	Pepper Steak Rice Broccoli Pears Craisins	Spaghetti Vegetable Blend Mandarin Oranges Raisins	Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice <i>Bread - 2 slices</i>	Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	Chicken Casserole Carrots Fresh Fruit Very Berry Juice	
14	15	16	17	18	19	20
5	Chicken & Noodles Mashed Potatoes Mixed Vegetables Peaches Juice <i>Bread - 2 slices</i>	Tuna Salad Pasta Salad Tomato & Cucumbers Mixed Fruit Orange Juice	Beef Teriyaki White Rice Broccoli Pineapple Tidbits Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Paradise Punch <i>Bread - 2 slices</i>	Breaded Fish Garden Rice Vegetable Blend Pineapple Tidbits Craisins	
21	22	23	24	25	26	27
6	Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	Riblette Au gratin Potatoes Cauliflower Plums Apple Juice <i>Bread - 2 slices</i>	Beef Manhattan (Mashed Potatoes) Broccoli Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Goulash Green Beans Fruit Salad Craisins	Breakfast Casserole Fried Apples Peaches Tomato Juice <i>Bread - 2 slices</i>	
28	29	30	1	2	3	4
1	Hot Dog Baked Beans Corn Mixed Fruit Raisins	Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice <i>Bread - 2 slices</i>	Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice <i>Bread - 2 slices</i>	Roast Pork w/ Gravy Parslied Potatoes Mixed Vegetables Peaches Craisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Salad Fruit Punch	
5	6	NOTES	<p style="text-align: center;">All Meals include Milk, Bread, and Butter</p> <p style="text-align: center;"><i>Denise FedorekRDN/LD</i></p>			
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July 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
1			Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice <i>Bread - 2 slices</i>	Roast Pork w/ Gravy Parslied Potatoes Mixed Vegetables Peaches Craisins <i>Bread - 2 slices</i>		
5	6	7	8	9	10	11
2	Swedish Meatballs Buttered Noodles Brussel Sprouts Pears Orange Juice	Chef Salad Ranch Dressing Peaches Raisins <i>Bread - 2 slices</i>	Turkey w/ Gravy Stuffing Peas w/Onions Mandarin Oranges Very Berry Juice	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Raisins <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice	
12	13	14	15	16	17	18
3	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins <i>Bread - 2 slices</i>	Ham & Cheese Sandwich Coleslaw 3 Bean Salad Pineapple Tidbits Cranberry-Raspberry Juice	Roast Beef w/Gravy Au gratin Potatoes Corn O'Brien Fruit Cocktail Apple Juice <i>Bread - 2 slices</i>	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice <i>Bread - 2 slices</i>	Sausage Links Home Fries Baked Apples Fruit Salad Very Berry Juice <i>Bread - 2 slices</i>	
19	20	21	22	23	24	25
4	Pepper Steak Rice Broccoli Pears Craisins	Spaghetti Vegetable Blend Mandarin Oranges Raisins	Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice <i>Bread - 2 slices</i>	Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	Chicken Casserole Carrots Fresh Fruit Very Berry Juice	
26	27	28	29	30	31	1
5	Chicken & Noodles Mashed Potatoes Mixed Vegetables Peaches Juice <i>Bread - 2 slices</i>	Tuna Salad Pasta Salad Tomato & Cucumbers Mixed Fruit Orange Juice	Beef Teriyaki White Rice Broccoli Pineapple Tidbits Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Paradise Punch <i>Bread - 2 slices</i>	Breaded Fish Garden Rice Vegetable Blend Pineapple Tidbits Craisins	
2	3	NOTES All Meals include Milk, Bread, and Butter <i>Denise FedorskeRDNLD</i>				
6						

August 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
6	Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	Riblette Au gratin Potatoes Cauliflower Plums Apple Juice <i>Bread - 2 slices</i>	Beef Manhattan (Mashed Potatoes) Broccoli Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Goulash Green Beans Fruit Salad Craisins	Breakfast Casserole Fried Apples Peaches Tomato Juice <i>Bread - 2 slices</i>	
9	10	11	12	13	14	15
1	Hot Dog Baked Beans Corn Mixed Fruit Raisins	Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice <i>Bread - 2 slices</i>	Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice <i>Bread - 2 slices</i>	Roast Pork w/ Gravy Parslied Potatoes Mixed Vegetables Peaches Craisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Salad Fruit Punch	
16	17	18	19	20	21	22
2	Swedish Meatballs Buttered Noodles Brussel Sprouts Pears Orange Juice	Chef Salad Ranch Dressing Peaches Raisins <i>Bread - 2 slices</i>	Turkey w/ Gravy Stuffing Peas w/Onions Mandarin Oranges Very Berry Juice	Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Raisins <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice	
23	24	25	26	27	28	29
3	Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins <i>Bread - 2 slices</i>	Ham & Cheese Sandwich Coleslaw 3 Bean Salad Pineapple Tidbits Cranberry-Raspberry Juice	Roast Beef w/Gravy Au gratin Potatoes Corn O'Brien Fruit Cocktail Apple Juice <i>Bread - 2 slices</i>	Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice <i>Bread - 2 slices</i>	Sausage Links Home Fries Baked Apples Fruit Salad Very Berry Juice <i>Bread - 2 slices</i>	
30	31	NOTES	<p style="text-align: center;">All Meals include Milk, Bread, and Butter</p> <p style="text-align: center;"><i>Denise Fedorski RD/NLD</i></p>			
Start Fall/Winter Menu 1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice					

September 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Start Fall/Winter Menu 1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Mashed Potatoes Sauerkraut Applesauce Gelatin Craisins <i>Bread - 2 slices</i>	
6	7	8	9	10	11	12
2	 Pasta & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Craisins	 Grilled Chicken Adobo Rice Crispy Potatoes Crispy Tenders Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins <i>Bread - 2 slices</i>	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
13	14	15	16	17	18	19
3	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch <i>Bread - 2 slices</i>	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
20	21	22	23	24	25	26
4	Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice <i>Bread - 2 slices</i>	Pot Roast Root Vegetables Mandarin Oranges Craisins <i>Bread - 2 slices</i>	Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Chili Baked Potato Broccoli Fruited Gelatin Raisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Normandy Vegetables Fresh Fruit Fruit Punch	
27	28	29	30	1	2	3
5	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins <i>Bread - 2 slices</i>	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Steamed Rice Buttered Corn Pears Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins <i>Bread - 2 slices</i>	
4	5	NOTES All Meals include Milk, Bread, and Butter <i>Denise FedorskéRDN/LD</i>				

October 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
5	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins <i>Bread - 2 slices</i>	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Steamed Rice Buttered Corn Pears Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins <i>Bread - 2 slices</i>	
4	5	6	7	8	9	10
6	Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch <i>Bread - 2 slices</i>	Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Breakfast Casserole Baked Apples Creamed Corn Citrus Salad Treat <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice <i>Bread - 2 slices</i>	Spaghetti Peas & Onions Mandarin Oranges Craisins	
11	12	13	14	15	16	17
1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni & Cheese Corn Mixed Fruit Grape Juice	Roast Pork w/ Gravy Mashed Potatoes Sauerkraut Applesauce Gelatin Craisins <i>Bread - 2 slices</i>	
18	19	20	21	22	23	24
2	Beef & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Raisins	Grilled Chicken Adobo Rice Succotash Pineapple Tidbits Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins <i>Bread - 2 slices</i>	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
25	26	27	28	29	30	31
3	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch <i>Bread - 2 slices</i>	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice <i>Bread - 2 slices</i>	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
1	2	NOTES	All Meals include Milk, Bread, and Butter <i>Denise FedorskeRDNLD</i>			

November 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
4	Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice <i>Bread - 2 slices</i>	Pot Roast Root Vegetables Mandarin Oranges Craisins <i>Bread - 2 slices</i>	Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Chili Baked Potato Broccoli Fruited Gelatin Raisins <i>Bread - 2 slices</i>	Chicken & Dumplings Mashed Potatoes Normandy Vegetables Fresh Fruit Fruit Punch	
8	9	10	11	12	13	14
5	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins <i>Bread - 2 slices</i>	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Steamed Rice Buttered Corn Pears Grape Juice	Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins <i>Bread - 2 slices</i>	
15	16	17	18	19	20	21
6	Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch <i>Bread - 2 slices</i>	Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Breakfast Casserole Baked Apples Creamed Corn Citrus Salad Treat <i>Bread - 2 slices</i>	Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice <i>Bread - 2 slices</i>	Spaghetti Peas & Onions Mandarin Oranges Craisins	
22	23	24	25	26	27	28
1	Sausage Gravy Over Biscuit Baked Apples Hashbrowns Fruit Salad Orange Juice	Roast Beef w/ Gravy Red Potatoes Lima Beans Peaches Raisins <i>Bread - 2 slices</i>	Chicken Pot Pie Broccoli Pears Tomato Juice Treat	Hamburger Macaroni Cheese Craisins Mixed Fruit Craisins	Roast Pork w/ Gravy Mashed Potatoes Craisins Applesauce Fruited Gelatin Craisins <i>Bread - 2 slices</i>	
29	30	1	2	3	4	5
2	Beef & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Raisins	Grilled Chicken Adobo Rice Succotash Pineapple Tidbits Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins <i>Bread - 2 slices</i>	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
6	7	NOTES				
All Meals include Milk, Bread, and Butter <i>Denise FedorekRDNLD</i>						

December 2026

Preble County Council on Aging 2026 Home Delivered Meals and Congregate Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
2	Beef & Noodles Mashed Potatoes Mixed Vegetables Tropical Fruit Raisins	Grilled Chicken Adobo Rice Succotash Pineapple Tidbits Apple Juice	Lasagna Broccoli Peaches Very Berry Juice	Salisbury Steak Mashed Potatoes Baby Carrots Mixed Fruit Craisins Bread - 2 slices	Crab Cakes Garden Rice Buttered Peas Fresh Fruit Orange Juice	
6	7	8	9	10	11	12
3	Hot Dog Baked Beans Buttered Corn Mandarin Oranges Cranberry Raspberry Juice	Chicken Salad Potato Salad Coleslaw Peaches Fruit Punch Bread - 2 slices	Breaded Pork Tenderloin Parslied Potatoes Carrots Pears Craisins Bread - 2 slices	Meatloaf Mashed Potatoes Green Beans Applesauce Very Berry Juice Bread - 2 slices	Lemon Garlic Fish Rice Pilaf Far East Vegetables Plums Grape Juice	
13	14	15	16	17	18	19
4	Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice Bread - 2 slices	Pot Roast Root Vegetables Mandarin Oranges Craisins Bread - 2 slices	Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Chili Baked Potato Bread - 2 slices CLOSED	Chicken & Dumplings Mashed Potatoes Normandy Vegetables Fresh Fruit Fruit Punch	
20	21	22	23	24	25	26
5	Creamed Chicken over Biscuit Scandinavian Vegetables Fruit Cocktail Orange Juice	Baked Ham Sweet Potatoes Brussel Sprouts Applesauce Raisins Bread - 2 slices	Cabbage Roll Confetti Mashed Potatoes Green Beans Peaches Cranberry Raspberry Juice	Pepper Steak Mashed Potatoes Green Beans Pears Grape Juice CLOSED	Chicken Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins Bread - 2 slices CLOSED	
27	28	29	30	31	1	2
6	Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch Bread - 2 slices	Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Breakfast Casserole Baked Apples Creamed Corn Citrus Salad Treat Bread - 2 slices	Meatloaf Mashed Potatoes Green Beans Peaches Applesauce Bread - 2 slices CLOSED	Spaghetti Peas & Onions Mandarin Oranges Craisins CLOSED	
3	4	NOTES				
1		All Meals include Milk, Bread, and Butter <i>Denise FedorekRDNLD</i>				

Spring/Summer Menu 2026 PCCOA

***all meals come with bread (unless otherwise noted),
butter, and 8oz of milk** *2 slices of bread*

Item Portion Size

Week One

Monday

Hot Dog	3 oz
Baked Beans	4 oz
Corn	4 oz
Mixed Fruit	4 oz
Raisins	4 oz

Tuesday*

Chicken Salad	3 oz
Potato Salad	4 oz
Pickled Egg & Beets	1/2 Egg & 4 oz
Pears	4 oz
Apple Juice	4 oz

Wednesday*

Chili w/ Beans	6 oz
Baked Potato	4 oz (1/2 potato)
Broccoli	4 oz
Fruit Cocktail	4 oz
Grape Juice	4 oz

Thursday*

Roast Pork w/ Gravy	3 oz, 1oz gravy
Parslied Potatoes	4 oz
Mixed Vegetables	4 oz
Peaches	4 oz
Craisins	4 oz

Friday

Chicken& Dumplings	6 oz
Mashed Potatoes	4 oz
Peas & Carrots	4 oz
Tropical Fruit	4 oz

Week Four

Monday

Pepper Steak	3 oz
Rice	4 oz
Broccoli	4 oz
Pears	4 oz
Craisins	4 oz

Tuesday

Spaghetti w/ Meat Sauce	6 oz
Vegetable Blend	4 oz
Mandarin Oranges	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

Monday

Fruit Punch	4 oz
Week Two	
Monday	
Swedish Meatballs	4 oz
Buttered Noodles	4 oz
Brussel Sprouts	4 oz
Pears	4 oz
Orange Juice	4 oz
Tuesday*	
Chef Salad	2.5 oz protein 4 oz veggies
croutons	2 oz
Peaches	4 oz
Craisins	4 oz
Wednesday	
Turkey w/ Gravy	3 oz, 1oz gravy
Stuffing	4 oz
Peas w/ Onions	4 oz
Mandarin Oranges	4 oz
Very Berry Juice	4 oz
Thursday*	
Meatloaf	4 oz
Mashed Potatoes	4 oz
Green Beans	4 oz
Applesauce Gelatin	4 oz
Raisins	4 oz
Friday	
Lemon Garlic Fish	3 oz
Rice Pilaf	4 oz
Broccoli	4 oz
Fresh Fruit	4 oz
Orange Juice	4 oz
Week Three	
Monday*	

Chicken & Noodles	6 oz
Mashed Potatoes	4 oz
Mixed Vegetables	4 oz
Peaches	4 oz
Juice	4 oz
Tuesday	
Tuna Salad	3 oz
Pasta Salad	4 oz
Tomato & Cucumber Salad	4 oz
Mixed Fruit	4 oz
Orange Juice	4 oz
Wednesday	
Beef Teryaki	4 oz
White Rice	4 oz
Broccoli	4 oz
Pineapple Tidbits	4 oz
Craisins	4 oz
Thursday*	
Meatloaf	4 oz
Mashed Potatoes	4 oz
Green Beans	4 oz
Fruited Gelatin	4 oz
Paradise Punch	4 oz
Friday	
Breaded Fish	3 oz
Garden Rice	4 oz
Vegetable Blend	4 oz
Pineapple Tidbits	4 oz
Craisins	4 oz
Week Six	
Monday	
Grilled Chicken	3 oz
Macaroni & Cheese	4 oz
Prince Charles Vegetables	4 oz

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

Tuesday

Ham & Cheese Sandwich 3 oz
 Cole Slaw 4 oz
 3 Bean Salad 4 oz
 Pineapple Tidbits 4 oz
 Cranberry Raspberry Juice 4 oz

Wednesday*

Roast Beef w/ Gravy 3 oz, 1oz
 Augratin Potatoes 4 oz
 Corn O'Brien 4 oz
 Fruit Cocktail 4 oz
 Apple Juice 4 oz

Thursday*

Country Fried Steak 3 oz, 1oz gravy
 w/ gravy
 Mashed Potatoes 2 oz
 Green beans 4 oz
 Peaches 4 oz
 Juice 4 oz

Friday*

Sausage Links 3 oz
 Home Fries 4 oz
 Baked Apples 4 oz
 Fruit Salad 4 oz
 Juice 4 oz

Pears 4 oz
 Raisins 4 oz

Tuesday*

Riblette 3 oz
 Augratin Potatoes 4 oz
 Cauliflower 4 oz
 Plums 4 oz
 Apple Juice 4 oz

Wednesday*

Beef Manhattan 3 oz
 Mashed Potatoes 4 oz
 Broccoli 4 oz
 Applesauce 4 oz
 Very Berry Juice 4 oz

Thursday

Goulash 6 oz
 Green Beans 4 oz
 Fruit Salad 4 oz
 Craisins 4 oz

Friday*

Breakfast Casserole 6 oz
 Fried Apples 4 oz
 Peaches 4 oz
 Tomato Juice 4 oz

Fall/Winter Menu 2026 PCCOA

***all meals come with bread (unless otherwise noted),
butter, and 8oz of milk** *2 slices of bread*

Item Portion Size

Week One

Monday

Sausage Gravy	4 oz
Baked Apples	4 oz
Hashbrowns	4 oz
Fruit salad	4 oz
orange juice	4 oz
Treat	1
Biscuit	1

Tuesday*

Roast Beef / gravy	3 oz / 1 oz
Red Potatoes	4 oz
Lima Beans	4 oz
Peaches	4 oz
Raisins	4 oz

Wednesday

Chicken Pot Pie	6 oz
Broccoli	4 oz
Pears	4 oz
Tomato Juice	4 oz
Treat	1

Thursday

Hamburger	3 oz
Macaroni & Cheese	4 oz
Corn	4 oz
Mixed Fruit	4 oz
Grape Juice	4 oz

Friday*

Roast Pork w/ Gravy	3 oz, 1oz gravy
Mashed Potatoes	4 oz
Sauerkraut	4 oz
Applesauce Gelatin	4 oz

Week Four

Monday*

Smoked Sausage	3 oz
Mashed Potatoes	4 oz
Sauerkraut	4 oz
Mixed Fruit	4 oz
Apple Juice	4 oz

Tuesday*

Pot Roast	3 oz
Root Vegetables	6 oz
Mandarin Oranges	4 oz
Craisins	4 oz

Wednesday

Roast Turkey w/ gravy	3 oz, 1 oz
Stuffing	4 oz
Prince Charles Vegetables	4 oz
Cranberry Sauce	4 oz
Very Berry Juice	4 oz

Thursday*

Chili	3 oz
Baked Potato	4 oz
Broccoli	4 oz
Fruited Gelatin	4 oz
Raisins	4 oz

Friday

Chicken & Dumplings	6 oz
Mashed Potatoes	4 oz
Normandy Vegetables	4 oz
Fresh Fruit	4 oz
Fruit Punch	4 oz

Week Five

Craisins 4 oz

Week Two

Monday

Beef & Noodles 6 oz
 Mashed Potatoes 4 oz
 Mixed Vegetables 4 oz
 Tropical Fruit 4 oz
 Raisins 4 oz

Tuesday

Grilled Chicken 3 oz
 Adobo Rice 4 oz
 Succotash 4 oz
 Pineapple Tidbits 4 oz
 Apple Juice 4 oz

Wednesday

Lasagna 6 oz
 Broccoli 4 oz
 Peaches 4 oz
 Very Berry Juice 4 oz

Thursday*

Salisbury Steak with gravy 3 oz, 1 oz
 Mashed Potatoes 4 oz
 Baby Carrots 4 oz
 Mixed Fruit 4 oz
 Craisins 4 oz

Friday

Crab Cakes 4 oz
 Garden Rice 4 oz
 Buttered Peas 4 oz
 Fresh Fruit 4 oz
 Orange Juice 4 oz

Week Three

Monday

Monday

Creamed Chicken 6 oz
 Scandinavian Vegetables 4 oz
 Fruit Cocktail 4 oz
 Orange Juice 4 oz
 Biscuit 1

Tuesday*

Baked Ham 3 oz
 Sweet Potatoes 4 oz
 Brussel Sprouts 4 oz
 Applesauce 4 oz
 Raisins 4 oz

Wednesday

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

Thursday

Pepper Steak 4 oz
 Steamed Rice 4 oz
 Buttered Corn 4 oz
 Pears 4 oz
 Grape Juice 4 oz

Friday*

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

Week Six

Monday*

Hot Dog 4 oz
 Baked Beans 4 oz
 Buttered Corn 4 oz
 Mandarin Oranges 4 oz
 Cranberry Raspberry Juice 4 oz

Tuesday*

Chicken Salad 4 oz
 Potato Salad 4 oz
 Coleslaw 4 oz
 Peaches 4 oz
 Fruit Punch 4 oz

Wednesday*

Breaded Pork Tenderloin 3 oz
 Parslied Potatoes 4 oz
 Carrots 4 oz
 Pears 4 oz
 Craisins 4 oz

Thursday*

Meatloaf 4 oz
 Mashed Potatoes 4 oz
 Green Beans 4 oz
 Applesauce 4 oz
 Very Berry Juice 4 oz

Friday

BBQ Chicken 3 oz
 Diced Potatoes 4 oz
 Mixed Vegetables 4 oz
 Fresh Fruit 4 oz
 Raisins 4 oz

Soup Beans w/ Ham & Onions 6 oz
 Hash Browns 4 oz
 Mixed Greens 4 oz
 Applesauce 4 oz
 Fruit Punch 4 oz

Tuesday

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

Wednesday*

Breakfast Casserole (bacon) 6 oz
 Baked Apples 4 oz
 Creamed Corn 4 oz
 Citrus Salad 4 oz
 Treat 1

Thursday*

Meatloaf 4 oz
 Mashed Potatoes 4 oz
 Green Beans 4 oz
 Peaches 4 oz
 Apple Juice 4 oz

Friday

Spaghetti w/ Meat 6 oz
 Peas & Onions 4 oz
 Mandarin Oranges 4 oz
 Craisins 4 oz