

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please call the office by 4pm the business day before to cancel a meal. 740-345-0821 ext. 1218</b></p>	<p><b>1</b></p> <p>Turkey Burger w/Swiss Cheese Succotash Green Beans Fruit Cup</p>	<p><b>2</b></p> <p>Pleasant Pork Chop Mashed Potatoes Carrots Fruit Cup</p>	<p><b>3</b></p> <p>General Tso Chicken Broccoli, Carrots, Onions &amp; Rice Fruit Cup</p>	<p><b>4</b></p> <p>Tuna Pasta Tomato Wedge Ambrosia Salad</p>
<p><b>7</b></p> <p>Teriyaki Pork Brown Rice Oriental Veggies Fresh Fruit</p>	<p><b>8</b></p> <p>Chicken Kabobs w/Mushrooms, Onions &amp; Bell Peppers Zucchini Fruit Cup</p>	<p><b>9</b></p> <p>Vegetable Lasagna w/Tomato Sauce Tossed Salad Fruit Cup</p>	<p><b>10</b></p> <p>Turkey Kale Rice Bake w/Tomatoes, onions Cheese Fruit Cup</p>	<p><b>11</b></p> <p>Roasted Cod Pineapple Rice Carrots Fruit Cup</p>
<p><b>14</b></p> <p>BBQ Pork Rib Corn Carrots Fruit Cup</p>	<p><b>15</b></p> <p>Coconut Curry Chicken over Brown Rice Broccoli Cucumber Salad Fresh Fruit</p>	<p><b>16</b></p> <p>Cheeseburger w/Swiss Cheese Sweet Potatoes Corn Fruit Cup</p>	<p><b>17</b></p> <p>Cheese Stuffed Manicotti W/Marinara Sauce Corn Peas &amp; Carrots Fruit Cup</p>	<p><b>18</b></p> <p>Sweet Potato Fish Lemon Herbed Rice Kyoto Veggie Blend Fruit Cup</p>
<p><b>21</b></p> <p>Garlic Butter Chicken Mashed Potatoes Peas Fruit Cup</p>	<p><b>22</b></p> <p>Stuffed Portabellas Wild Rice Blend Peas &amp; Pearl Onions Fruit Cup</p>	<p><b>23</b></p> <p>Hamburger Casserole w/Potatoes, Onion, Tomatoes &amp; Cheese Green Beans Corn Fruit Cup</p>	<p><b>24</b></p> <p>Salsa Skillet Pork Chops Corn &amp; Pinto Beans Chunky Salsa Fresh Veggies Fruit Cup</p>	<p><b>25</b></p> <p>Chicken Spinach Pasta w/Parmesan Garlic Peas &amp; Carrots Fruit Cup</p>
<p><b>28</b></p> <p>Sweet &amp; Sour Pork Pepper &amp; Onions Brown Rice Oriental Veggies Fruit Cup</p>	<p><b>29</b></p> <p>Honey Balsamic Chicken Baby Bakers Carrots Fruit Juice</p>	<p><b>30</b></p> <p>Beef Tips Burgundy Edamame Carrots Fruit Juice</p>	<p><b>31</b></p> <p>Spaghetti &amp; Meatballs Green Beans Tossed Salad Fruit Cup</p>	 <p>LICKING COUNTY AGING PARTNERS</p>

**OCTOBER 2024 - Low Sodium**

All meals include two servings of grains, apple butter and a carton of whole milk - Ingredient information available at: [www.lcap.org/](http://www.lcap.org/) menu Menu is always subject to change, based on product availability. Menu is always subject to change, based on product availability.