



# MAY | 2017

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Tahitian Chicken Rice Asian Vegetables Pineapple ♥	<b>2</b> Pork Loin Au gratin Potatoes Green Beans Peaches	<b>3</b> Pepper Steak Parsley Potatoes Cauliflower Cherries Dinner Roll	<b>4</b> Macaroni & Cheese Stewed Tomatoes Fruit Cocktail	<b>5</b> <i>CINCO DE MAYO</i> Cheese, Bean and Meat Burrito Spanish Rice Corn with Black Beans Churros Cinnamon Applesauce
<b>8</b> Cheeseburger Deluxe Wax Beans Coleslaw Fruit	<b>9</b> Chili over baked potato Salad Bar Grapes	<b>10</b> Fish Almandine Rice Pilaf Lima Beans Plums ♥	<b>11</b> Tater Tot Casserole Broccoli Multi Grain Roll Apricots	<b>12</b> Roast Beef Mashed Potatoes w/gravy Carrots Roll with butter Cooks' Choice Dessert
<b>15</b> Chicken Parmesan Spaghetti w/marinara sauce Italian Vegetables Garlic Bread Mixed Fruit	<b>16</b> Tuna Salad on a bed of lettuce 3 Bean Salad Peaches Breadstick ♥	<b>17</b> Stuffed Peppers Fresh Carrots Dinner Roll National Cherry Cobbler Day	<b>18</b> Turkey w/stuffing Whipped Potatoes w/gravy Baked Squash Pears	<b>19</b> Build your own Kraut Dog Baked Beans Apples National Devil's Food Cake Day
<b>22</b> Sweet & Sour Pork Brown Rice Midori Vegetables Pineapple Fortune Cookie	<b>23</b> Taco Salad Tortilla Chips Refried Beans Fresh Fruit	<b>24</b> Meat Lasagna Italian Green Beans Garlic Bread Applesauce	<b>25</b> Lemon Pepper Cod Salad Bar Multi Grain Roll Cantaloupe ♥	<b>26</b> Meat Loaf Mashed Potatoes w/gravy Mixed Vegetables Mandarin Oranges
<b>29</b> CLOSED MEMORIAL DAY	<b>30</b> Sloppy Joes Broccoli Chips Banana	<b>31</b> Pork Chop Mashed Potato w/gravy Asparagus Tropical Fruit		

**To cancel meals or make changes to your Home Delivered Meal pattern please call**  
**LDA Nutrition Director,**  
**Cassie Hollenbeck**  
**at 264-5290 or**  
**Jamie Smith, HDM Intake**  
**Specialist at**  
**264-5296**

**Due to product availability substitutions may occur**

**NO SALT ADDED IN THE KITCHEN**  
**Milk is served with every meal**

**To reach the Department on Aging office please call**  
**264-5280 between**  
**8:00 a.m. – 4:30 p.m.**

**Remember to call *at least 24 hours in advance* if you will not be home to receive your meal.**

**Certified by:**  RD