


JULY | 2017

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Leg Mixed Vegetables Roll and Butter Applesauce	4 LDA CLOSED FOR HOLIDAY  HAPPY INDEPENDENCE DAY	5 Salisbury Steak Red Skin Potatoes Baby Carrots Mandarin Oranges	6 Pulled Pork Chips Coleslaw Pears	7 Stuffed Pepper Wax Beans Dinner Roll Apricots
10 Fish Au gratin Potatoes Brussels Sprouts Tropical Fruit	11 Goulash Midori Vegetable Strawberries with biscuit	12 Chipped Beef over Potato Prince Charles Veggies Watermelon	13 Cabbage Roll Stewed Tomatoes Roll and Butter Fruit Cocktail	14 Deluxe Cheeseburger Chips Yogurt Mixed Fruit
17 Pork Chop Sweet Potato Peas & Carrots Plums	18 Tuna Salad on bed of lettuce Roasted Corn Salad Bread and butter Cantaloupe	19 Beef & Noodles Baked Squash Roll with Butter Cinnamon Applesauce	20 Lasagna Salad Garlic Bread Fruit	21 Chili Dog Sweet Potato Tots Grapes Cooks Choice Dessert
24 Chicken Cordon Blue Broccoli Rice Cherries	25 Ham Scalloped Potatoes Green Beans Mixed Fruit	26 Meatloaf Mashed Potatoes Tossed Salad Pears	27 Chicken Salad on Croissant Cucumber Salad Fruit	28 Tator Tot Casserole Carrot Coins Prunes
31 Sweet and Sour Pork Rice Lima Beans Peaches				

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