



AUGUST | 2017

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Beef Mashed Potatoes Mixed Vegetables Roll & Butter Fruit Cocktail	2 Spaghetti with Meat Sauce Green Beans Garlic Bread Apple Crisp	3 BBQ Pork Chop Rice Black Beans Mandarin Oranges	4 Calico Beans Brussel Sprouts Dinner Roll & Butter Pineapple
7 Beef Lasagna Italian Green Beans Garlic Bread Applesauce	8 Baked Chicken Cheesy Potatoes Zucchini Mixed Fruit	9 Chef Salad 3 bean salad Bread Stick Pears	10 Chicken Fried Steak Mashed Potatoes w/gravy Corn Apricots	11 Sloppy Joes Broccoli Chips Fresh Plums
14 Pulled Pork Sandwich Mixed Vegetables Pineapple Cooks Choice Dessert	15 Goulash Toss Salad Bread & Butter Fresh Clementine	16 Salisbury Steak Red Skin Potatoes Garden Vegetables Roll & Butter Tropical Fruit	17 Turkey w/ /gravy Mashed Potatoes Peas & Carrots Bread & Butter Cherry Dessert	18 Cabbage Rolls Wax Beans Bread & Butter Apricots
21 Beef Stroganoff Glazed Carrots Bread & Butter Watermelon	22 Deluxe Cheeseburger Coleslaw Baked Beans Fruited Yogurt	23 Chicken Salad on Croissant Dill Pickle & Carrot Sticks Chips Fresh Apple	24 Lemon Fish Tator Tots Toss Salad Fruit	25 Polish Sausage w/Sauerkraut Green Beans Peaches
28 Stuffed Peppers Corn Bread & Butter Apples	29 Chicken Cordon Bleu Peas & Onions Au gratin Potatoes Grapes	30 Ham Rosemary Potatoes Carrot Coins Bread and Butter Pineapple	31 Taco Salad Beef/Cheese/Tomatoes Tortilla Chips Fruit Cocktail	

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