



# SEPTEMBER | 2017

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Deluxe Pub Burger w/cheese Black bean w/corn salad Blueberries & Strawberries
<b>4</b> <b>CLOSED FOR HOLIDAY</b>	<b>5</b> Baked Chicken Cheesy Potatoes Tossed Salad Roll w/butter Fruited Yogurt	<b>6</b> Pizza Tossed Salad Garlic Twists Pears	<b>7</b> Meatloaf Mashed Potatoes w/gravy Broccoli Mixed Fruit	<b>8</b> Chili Dog Coleslaw Tropical Fruit Salad Brownie
<b>11</b> Beef Lasagna Italian Green Beans Garlic Bread Pears	<b>12</b> Chicken Caesar Salad 3 Bean Salad Dinner Roll w/butter Banana	<b>13</b> Creamed Chipped Beef Over Baked Potato Orange Glazed Beets Grapes Cooks Choice Dessert	<b>14</b> Sweet & Sour Chicken Rice Peas & Pearl Onions Mandarin Oranges	<b>15</b> Hamburger Gravy Over mashed Potatoes Lima Beans Whole Grain Roll w/butter Dark Sweet Cherries
<b>18</b> Cabbage Roll Wax Beans Cracked Wheat Roll w/butter Peaches	<b>19</b> Chef Salad Breadstick Plums Cookie	<b>20</b> Beef Tips over Noodles Green Beans Whole Grain Roll w/butter Pears	<b>21</b> Savory Baked Chicken Breast Carrot Coins Tator Tots Roll w/butter Fruit Cocktail	<b>22</b> Pork Chop Scalloped Potatoes Spinach Dinner Roll w/butter Tropical Fruit
<b>25</b> Pulled Pork Sandwich On Kaiser Roll Baked Beans Sliced Apples Cookie	<b>26</b> Italian Baked Chicken Parmesan Whole Grain Spaghetti w/marinara sauce Breakstick Fruit Salad	<b>27</b> Lemon Baked Fish Augratin Cheddar Potatoes Mixed Vegetables Mandarin Oranges	<b>28</b> Mushroom Steak Mashed Potatoes w/gravy Tossed Salad Banana	<b>29</b> Tuna Salad Sandwich On Croissant w/lettuce Baked Potato Chips Carrots and Celery Sticks Apricots

**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**

**Suggested Donation is \$3.00  
for age 60 and older and  
\$4.00 for those under age 60**

**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:**