



SEPTEMBER | 2017

Lenawee Department on Aging – ONSTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CENTER CLOSED
4 CENTER CLOSED	5 CENTER CLOSED	6 Pizza Tossed Salad Garlic Twists Pears	7 Meatloaf Mashed Potatoes w/gravy Broccoli Mixed Fruit	8 CENTER CLOSED
11 Beef Lasagna Italian Green Beans Garlic Breadstick Pears	12 CENTER CLOSED	13 Creamed Chipped Beef Over Baked Potato Orange Glazed Beets Grapes Cooks Choice Dessert	14 Sweet & Sour Chicken Rice Peas & Pearl Onions Mandarin Oranges	15 CENTER CLOSED
18 Cabbage Roll Wax Beans Cracked Wheat Roll w/butter Peaches	19 CENTER CLOSED	20 Beef Tips over Noodles Green Beans Whole Grain Roll w/butter Pears	21 Savory Baked Chicken Carrot Coins Tator Tots Roll w/butter Fruit Cocktail	22 CENTER CLOSED
25 Pulled Pork Sandwich On Kaiser Roll Baked Beans Sliced Apples Cookie	26 CENTER CLOSED	27 Italian Baked Chicken Parmesan Whole Grain Spaghetti w/marinara sauce Breakstick Fresh Fruit Salad	28 Mushroom Steak Mashed Potatoes w/gravy Tossed Salad Banana	29 CENTER CLOSED

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:  RD