



OCTOBER | 2017

Lenawee Department on Aging

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 2 Goulash Midori Vegetables Fruit Cocktail | 3 Broccoli stuffed chicken Scalloped Potatoes Wheat roll with butter Cherries | 4 <i>CLOSED</i> LDA Staff In-service | 5 Vegetable Lasagna Corn Mini Breadstick Applesauce | 6 Potato Boats with Chili Corn Bread Salad Bar Peaches |
| 9 Stuffed Peppers Wax Beans Bread and Butter Pineapple | 10 Chicken Courdon Bleu Peas & Onions Au gratin Potatoes Peaches | 11 Turkey Tetrazzini California Blend Veggies Grapes Cookie | 12 Chipped Beef over Potato Prince Charles Veggies Pumpkin Dessert | 13 Liver and Onions Mashed Potatoes w/gravy Green Beans Baked apple w/raisins |
| 16 Cabbage Roll Key West Vegetables Bread and Butter Fresh Fruit | 17 Beef and Cheese Burrito Red Beans & Rice Applesauce Churro | 18 Chicken Pot Pie Salad Bar Dinner Roll Mandarin Oranges | 19 Macaroni & Cheese Stewed Tomatoes Wheat Roll Plums | 20 Meatloaf Mashed Potatoes w/gravy Broccoli Pears Cooks Choice Dessert |
| 23 Chicken Fried Steak with gravy Potatoes Brussel Sprouts Peaches | 24 Sloppy Joes on Kaiser Bun Green Beans Chips Apricots Cookie | 25 Lemon Fish Tossed Salad Dinner Roll Tropical Fruit | 26 Spaghetti w/meat sauce Mixed Vegetables Garlic Toast Apple Crisp | 27 FRANKENSTEW © (Beef Stew) Biscuit Yogurt with fruit |
| 30 Pork Chop Rice Glazed Carrots Pineapple | 31 Hot Dog Chili Chips Fresh Apple Halloween Cookie | | | |

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: 