



OCTOBER | 2017

Lewawee Department on Aging – Onsted Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Goulash Midori Vegetables Fruit Cocktail	3 CENTER CLOSED	4 CLOSED LDA Staff In-service	5 Vegetable Lasagna Corn Mini Breadstick Applesauce	6 CENTER CLOSED
9 Stuffed Peppers Wax Beans Bread and Butter Pineapple	10 CENTER CLOSED	11 Turkey Tetrazzini California Blend Veggies Grapes Cookie	12 Chipped Beef over Potato Prince Charles Veggies Pumpkin Dessert	13 CENTER CLOSED
16 Cabbage Roll Key West Vegetables Bread and Butter Fresh Fruit	17 CENTER CLOSED	18 Chicken Pot Pie Salad Bar Dinner Roll Mandarin Oranges	19 Meatloaf Mashed Potatoes w/gravy Broccoli Pears Cooks Choice Dessert	20 CENTER CLOSED
23 Chicken Fried Steak with gravy Potatoes Brussel Sprouts Peaches	24 CENTER CLOSED	25 Lemon Fish Tossed Salad Dinner Roll Tropical Fruit	26 Spaghetti w/meat sauce Mixed Vegetables Garlic Toast Apple Crisp	27 CENTER CLOSED
30 Pork Chop Rice Glazed Carrots Pineapple	31 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