



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 Meatloaf Mashed Potatoes w/gravy Broccoli Pears Cooks Choice Dessert	20 Macaroni & Cheese Stewed Tomatoes Wheat Roll Plums
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: 