



# NOVEMBER | 2017

## LENAWEE DEPARTMENT ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Macaroni & Cheese Stewed Tomatoes Peas Bread & Butter Pears	<b>2</b> Meatloaf Mashed Potatoes w/gravy Broccoli Mixed fruit	<b>3</b>  <b>CENTER CLOSED</b>
<b>6</b> Lasagna Midori Vegetables Garlic Bread Tropical Fruit	<b>7</b>  <b>CENTER CLOSED</b>	<b>8</b> Pork Roast Mashed Potatoes w/gravy Mixed Vegetables Fruited jello Brownies	<b>9</b> Pepper Steak w/gravy Baked Squash Bread and Butter Applesauce	<b>10</b>  <b>CENTER CLOSED</b>
<b>13</b> Stuffed Pepper Corn Bread and Butter Pears	<b>14</b>  <b>CENTER CLOSED</b>	<b>15</b> Turkey Mashed Potatoes w/gravy Glazed Carrots Dinner roll w/butter Country Apple Dessert	<b>16</b> Sweet & Sour Chicken over Rice Peas and Pearl Onions Mandarin Oranges	<b>17</b>  <b>CENTER CLOSED</b>
<b>20</b> Cabbage Roll Key West Vegetables Bread & Butter Fresh Fruit	<b>21</b>  <b>CENTER CLOSED</b>	<b>22</b> Sliced Ham Rosemary Potatoes Lima Beans Roll w/butter Pineapple	<b>23</b>  <b>HAPPY THANKSGIVING</b>  ALL SENIOR CENTERS CLOSED	<b>24</b>  <b>CENTER CLOSED</b>
<b>27</b> Chicken Legs Mashed Potatoes w/gravy Asparagus Tropical Fruit	<b>28</b>  <b>CENTER CLOSED</b>	<b>29</b> Pub Burger w/cheese Whole Grain Bun Black bean w/corn salad Grapes	<b>30</b> Italian baked chicken Whole grain spaghetti w/marinara sauce Mixed Vegetables Fruit Salad	

**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:** 