



NOVEMBER | 2017

LENAWEE DEPARTMENT ON AGING

TECUMSEH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Macaroni & Cheese Stewed Tomatoes Peas Bread & Butter Pears	2 Meatloaf Mashed Potatoes w/gravy Broccoli Mixed fruit	3 Goulash Green Beans Corn Bread Apples with Cinnamon
6 Lasagna Midori Vegetables Garlic Bread Tropical Fruit	7 Baked Fish Parsley Potatoes Spinach Apricots	8 Pork Roast Mashed Potatoes w/gravy Mixed Vegetables Fruited jello Brownies	9 Pepper Steak w/gravy Baked Squash Bread and Butter Applesauce	10 VETERANS' DAY DEPARTMENT ON AGING AND ALL SENIOR CENTERS CLOSED
13 Stuffed Pepper Corn Bread and Butter Pears	14 Tuna Casserole Brussel Sprouts Roll w/butter Fresh Fruit	15 Turkey Mashed Potatoes w/gravy Glazed Carrots Dinner roll w/butter Country Apple Dessert	16 Sweet & Sour Chicken over Rice Peas and Pearl Onions Mandarin Oranges	17 Sloppy Joes on Whole Grain Bun Tossed Salad Fruit Cocktail
20 Cabbage Roll Key West Vegetables Bread & Butter Fresh Fruit	21 Chicken Tenders w/BBQ Sauce Sweet Potato Tots Garden Vegetables Peaches	22 Sliced Ham Rosemary Potatoes Lima Beans Roll w/butter Pineapple	23 HAPPY THANKSGIVING ALL SENIOR CENTERS CLOSED	24 DEPARTMENT ON AGING AND ALL SENIOR CENTERS CLOSED
27 Chicken Legs Mashed Potatoes w/gravy Asparagus Tropical Fruit	28 Polish Sausage Whole Grain Bun Sauerkraut Carrot Coins Plums	29 Pub Burger w/cheese Whole Grain Bun Black bean w/corn salad Grapes	30 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: 