



JANUARY | 2018

Lenawee Dept on Aging – Adrian, Blissfield, Daybreak

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>CLOSED</i>	2 Lasagna Broccoli Tropical Fruit	3 Fish Corn Cherries Roll and Butter	4 Mushroom Steak Mashed Potatoes w/gravy Tossed Salad Fruit	5 Stuffed Pepper Carrots Pears Bread and Butter
8 Chicken Tenders Mixed Vegetables Roll w/butter Plums Cook's Choice Dessert	9 Beef Fajitas Mexican Rice Black Beans w/corn Fresh Fruit	10 Sweet & Sour Chicken Brown Rice Peas & Pearl Onions Mandarin Oranges	11 Beef Goulash Tossed Salad Warm Apple w/cinnamon Yogurt w/fruit	12 Roast Beef Mashed Potatoes w/gravy Brussel Sprouts Roll and Butter Peaches
15 Cabbage Roll Key West Vegetables Dinner Roll Fruit	16 Chicken Salad on Croissant Dill Pickle & Carrot Sticks Chips Apple	17 Ham Scalloped Potatoes Black Eyed Peas Corn Bread Pineapple	18 Meatloaf Mashed Potatoes w/gravy Broccoli Dark Sweet Cherries	19 Chicken Leg Tator Tots Mixed Veggies Roll with Butter Banana
22 Savory Baked Chicken Mashed Potatoes w/gravy Garden Vegetables Roll w/Butter Fruit Salad	23 Vegetable Beef Soup Salad Roll w/Butter Applesauce Cookie	24 Chipped Beef w/potato Orange glazed beets Dinner Roll Fruited Jello	25 Pulled Pork Sandwich Pea & Nut Salad Fruit Cocktail	26 Chicken Fried Steak w/gravy Cheesy Potatoes Green Beans Apricots
29 Chili Dog Coleslaw Mixed Fruit Cookie	30 Swedish Meatballs Over Rice Carrots Dinner Roll Pineapple	31 Pork Chop Mashed Potatoes with gravy Dinner Roll Tropical Fruit		

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: 