



# MARCH | 2018

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chili/Cheese Potato California Blend Veggies Fruit Salad	<b>2</b> Salmon Rice Stewed Tomatoes w/Zucchini Peaches
<b>5</b> Broccoli Stuffed Chicken Scandinavian Veggies Dinner Roll Warm Apples w/raisins	<b>6</b> Lasagna Italian Green Beans Garlic Bread Fruit Cocktail	<b>7</b> Pepper Steak Mashed Potatoes w/gravy Winter Blend Veggies Mandarin Oranges	<b>8</b> Pulled Chicken on Bun Oriental Veggies Fresh Fruit Cook's Choice Dessert	<b>9</b> Tuna Casserole Peas Dinner Roll Cherries
<b>12</b> Cheeseburger w/tomato/lettuce Prince Charles Veggies Fresh Fruit	<b>13</b> Savory Baked Chicken w/gravy Parsley Potatoes Midori Blend Veggies Pineapple	<b>14</b> Corned Beef Sandwich Red-skin Potatoes Carrots Pears Shamrock Cookie	<b>15</b> Liver & Onions Mashed Potatoes w/gravy Normandy Blend Vegetables Apricots	<b>16</b> Crab Cakes Mixed Vegetables Salad Dinner Roll Fruit
<b>19</b> BBQ Chicken Drumsticks Broccoli Tator Tots Cinnamon Applesauce	<b>20</b> Beef Goulash Brussel Sprouts Mixed Fruit	<b>21</b> Salisbury Steak w/mushroom gravy Mashed Potatoes Green Beans Fruit Salad	<b>22</b> Pork Loin Squash Peas Dinner Roll Fruited Yogurt	<b>23</b> Tilapia Mixed Vegetables Salad Dinner Roll Strawberries & Blueberries
<b>26</b> Stuffed Pepper Corn Bread and Butter Pears	<b>27</b> Italian Chicken Spaghetti w/marinara sauce Italian Blend Veggies Cherry Crisp	<b>28</b> Sweet & Sour Pork Rice Broccoli Pineapple	<b>29</b> Meatloaf Mashed Potatoes w/gravy Capri Blend Veggies Mandarin Oranges	<b>30</b> GOOD FRIDAY  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