



MARCH | 2018

Lenawee Department on Aging - ONSTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chili/Cheese Potato California Blend Veggies Fruit Salad	2 CENTER CLOSED
5 Broccoli Stuffed Chicken Scandinavian Veggies Dinner Roll Warm Apples w/raisins	6 CENTER CLOSED	7 Pepper Steak Mashed Potatoes w/gravy Winter Blend Veggies Mandarin Oranges	8 Pulled Chicken on Bun Oriental Veggies Fresh Fruit Cook's Choice Dessert	9 CENTER CLOSED
12 Cheeseburger w/tomato/lettuce Prince Charles Veggies Fresh Fruit	13 CENTER CLOSED	14 Corned Beef Sandwich Red-skin Potatoes Carrots Pears Shamrock Cookie	15 Liver & Onions Mashed Potatoes w/gravy Normandy Blend Vegetables Apricots	16 CENTER CLOSED
19 BBQ Chicken Drumsticks Broccoli Tator Tots Cinnamon Applesauce	20 CENTER CLOSED	21 Salisbury Steak w/mushroom gravy Mashed Potatoes Green Beans Fruit Salad	22 Pork Loin Squash Peas Dinner Roll Fruited Yogurt	23 CENTER CLOSED
26 Stuffed Pepper Corn Bread and Butter Pears	27 CENTER CLOSED	28 Sweet & Sour Pork Rice Broccoli Pineapple	29 Meatloaf Mashed Potatoes w/gravy Capri Blend Veggies Mandarin Oranges	30 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