



# APRIL | 2018

## Lenawee Department on Aging - ONSTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chipped Beef over Potato Peas & Onions Peaches	<b>3</b> CENTER CLOSED	<b>4</b> Chicken Tenders Chips Mixed Vegetables Fresh Fruit	<b>5</b> Beef Stroganoff Beets Dinner Roll Sweet Cherries	<b>6</b> CENTER CLOSED
<b>9</b> Macaroni & Cheese Stewed Tomatoes Peas Fruit	<b>10</b> CENTER CLOSED	<b>11</b> Pot Roast Mashed Potatoes w/gravy California Veggies Diced Pears	<b>12</b> Beef Fajitas Mexican Rice Black Beans w/corn Fruit	<b>13</b> CENTER CLOSED
<b>16</b> Kielbasa w/sauerkraut Mixed Vegetables Apricots	<b>17</b> CENTER CLOSED	<b>18</b> Pork Chop Cheesy Potatoes Carrots Applesauce	<b>19</b> Pepper Steak Mashed Potatoes w/gravy Lettuce Salad Fruit	<b>20</b> CENTER CLOSED
<b>23</b> Meatballs over Noodles Collard Greens Mixed Melon Salad	<b>24</b> CENTER CLOSED	<b>25</b> Baked Chicken w/gravy Mashed Potatoes Kyoto Blend Veggies Fruit Salad	<b>26</b> Sloppy Joes Chips Baked Beans Diced Pears	<b>27</b> CENTER CLOSED
<b>30</b> Spaghetti w/meat sauce Italian Blend Veggies Breadstick 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: 