



# APRIL | 2018

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chipped Beef over Potato Peas & Onions Peaches	<b>3</b> Cabbage Rolls Key West Veggies Bread and Butter Pineapple	<b>4</b> Chicken Tenders Chips Mixed Vegetables Fresh Fruit	<b>5</b> Beef Stroganoff Beets Dinner Roll Sweet Cherries	<b>6</b> Sliced Turkey Mashed Potatoes w/gravy Glazed Carrots Roll w/butter Fruit Salad
<b>9</b> Macaroni & Cheese Stewed Tomatoes Peas Fruit	<b>10</b> Seafood Salad On Croissant Broccoli Salad Jello w/fruit	<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> Turkey Burger Beans Fruit Cocktail Cookie
<b>16</b> Kielbasa w/sauerkraut Mixed Vegetables Apricots	<b>17</b> Chicken Stew over biscuit Nantucket Veggies Mandarin Oranges	<b>18</b> Pork Chop Cheesy Potatoes Carrots Applesauce	<b>19</b> Pepper Steak Mashed Potatoes w/gravy Lettuce Salad Fruit	<b>20</b> Tahitian Chicken Rice Asparagus Dinner Roll Red Grapes
<b>23</b> Meatballs over Noodles Collard Greens Mixed Melon Salad	<b>24</b> Fish Rissole Potatoes Coleslaw Fruit	<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> Sweet & Sour Pork Over Rice Broccoli Pineapple & Oranges
<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:** 