



# MAY | 2018

## Lenawee Department on Aging - TECUMSEH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
♥ on the Menu earns a double punch for Wellness FAN Club Members	1 Salisbury Steak Mashed Potatoes w/gravy Key West Veggies Applesauce	2 Chicken Chow Mein Noodles Lima Beans Fortune Cookie Apricots	3 ♥ Taco Salad Tortilla Chips Mixed Fruit Roll	4 Italian Chicken Breast w/marinara sauce over Penne Noodles Green Beans Fruit Cocktail
7 Stuffed Peppers Fresh Carrots Dinner Roll	8 Tator Tot Casserole Broccoli Multi Grain Roll Peaches	9 ♥ Fish Almondine Mixed Vegetables Rice Fresh Fruit	10 Meatloaf Mashed Potatoes w/gravy Green Beans Cherries	11 Chili over baked Potato Salad Grapes Dinner Roll
14 ♥ Tuna Salad on bed of lettuce Three Bean Salad Breadstick Apple	15 Macaroni & Cheese Peas and Carrots Fruit Cookie	16 Beef Goulash Midori Blend Veggies Mandarin Oranges	17 Shaved Ham & Swiss on Onion Bun Salad Cantaloupe	18 Hamburger Gravy on Mashed potatoes Baked Squash Fruited Jello Bread w/butter
21 Chicken Leg Sweet Potato Tots California Blend Veggies Cinnamon Applesauce	22 Beef Lasagna Broccoli Garlic Toast Fruit Salad	23 Deluxe Cheeseburger 3 bean Salad Coleslaw Plums	24 ♥ Lemon Pepper Cod Garden Vegetables Brown Rice Citrus Fruit Salad	25 Sweet & Sour Chicken over Rice Oriental Veggies Tropical Fruit
28 Cabbage Rolls Wax Beans Roll & Butter Cherry Cobbler	29 Sliced Ham Mashed Potatoes w/gravy Mixed Veggies Pears	30 ♥ ½ Turkey Sandwich Hearty Bean Soup Salad Watermelon	31 Mushroom Steak Cheesy Potatoes Cooked Carrots Dinner Roll Peaches	

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. You may leave message in voicemail after business hours.

Certified by:  RD