




JUNE | 2018

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARNIVAL FOR SENIORS ON WEDNESDAY, JUNE 13TH		♥ on the Menu earns a double punch for Wellness Fan Club Members		1 Tuna Casserole Peas & Carrots Roll w/butter Plums
4 Cabbage Rolls Wax Beans Dinner Roll w/butter Pears	5 Country Fried Steak Mashed Potatoes w/gravy Squash Fruit	6 Chicken Caesar Salad Beets Bread and Butter Apples ♥	7 Macaroni and Cheese Stewed Tomatoes w/zucchini Peaches Cooks Choice Dessert	8 Chicken Tenders Pea and Peanut Salad Roll w/butter Yogurt
11 Full Bodied Burger w/cheese, lettuce, tomato, onion 3 Bean Salad Cherries	12 Beef Fajitas Mexican Rice Black beans w/corn Mixed Fruit	13 CARNIVAL DAY No home delivered meals and all Sr. Centers closed	14 Lemon Fish Mixed Vegetables Rice Pilaf Fresh Fruit ♥	15 Broccoli-Cheese Chicken Corn Strawberries w/biscuit
18 Chicken Leg Parsley Potatoes Green Beans Mandarin Oranges	19 Sloppy Joes Baked Beans Chips Fruit	20 Deli Turkey Sandwich w/lettuce and tomato Potato Salad Cantaloupe Cookie	21 Chili Dogs w/onion Salad Chips Apple Brownie	22 Pepper Steak Potatoes w/gravy California Veggies Fruit
25 Pulled Pork on Kaiser Bun Peas and Pearl Onions Fruit Cocktail	26 Breakfast for Lunch Sausage Pancake Roll Tomato Juice Mini Muffin Fruit Salad	27 Beef Tips w/gravy over noodles Brussels Sprouts w/crumb topping Bread and butter Pears	28 Chicken Salad on Croissant Coleslaw Peaches	29 Lasagna Salad Garlic Bread Apple Slices w/cinnamon

To cancel meals or make changes to your Home Delivered Meal pattern please call

**Cassie Hollenbeck,
LDA Nutrition Director,
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. Messages can be left during non-business hours

Remember to call at least 24 hours in advance if you will not be home to receive your meal.

Certified by:  RD