


# JULY | 2018

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Italian Sausage w/peppers Red Skin Potatoes Peas and Carrots Pineapple	<b>3</b> Chicken Cordon Bleu Seasoned Rice Garden Vegetables Peaches Roll	<b>4</b> <b>CLOSED FOR HOLIDAY</b> 	<b>5</b> Hamburger Gravy Over Mashed Potatoes Stewed Tomatoes Fresh Melon	<b>6</b> Tuna Salad on bib of lettuce Fresh Carrots Pickle Croissant Fruit Cocktail
<b>9</b> Corn Dog Cheesy Potatoes Roasted Corn and Peppers Fresh Fruit	<b>10</b> Spaghetti and Meatballs Garlic Toast Italian Blend Vegetables Blueberries and Strawberries	<b>11</b> Meatloaf Mashed Potatoes w/gravy Corn Mixed Fruit Roll	<b>12</b> Baked BBQ Chicken Scalloped Potatoes Mixed Vegetables Cherries Roll	<b>13</b> Egg Salad Sandwich Kidney Bean Salad Watermelon Cooks Choice Dessert
<b>16</b> Pulled BBQ Pork On Bun Chips Sugar Snap Peas Banana Cookie	<b>17</b> Goulash Broccoli Salad Garlic Breadstick Pears	<b>18</b> Sliced Ham Mashed Potatoes w/gravy Cooked Carrots Pineapple	<b>19</b> Hot Dog w/chili, cheese and onions Baked Chips Coleslaw Fruit Salad	<b>20</b> Sweet and Sour Chicken Rice Oriental Vegetables Mandarin Oranges
<b>23</b> Cheeseburger Tator Tots Mixed Vegetables Applesauce	<b>24</b> Stuffed Peppers 3 bean salad Peaches Roll	<b>25</b> Fish Roasted Red Skin Potatoes Peas and Onions Tropical Fruit	<b>26</b> Corned Beef Hash Green Beans Fruit Juice Roll	<b>27</b> Bratwurst on Whole Grain Bun Chips Baked Beans Mixed Fruit
<b>30</b> Lasagna Garlic Bread Garden Vegetables Cherry Cobbler	<b>31</b> Baked Salmon Rice Pilaf Roasted Vegetables Apples	<b>NO SALT IS ADDED IN THE KITCHEN</b>	<b>Due to product availability substitutions may occur</b>	

**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 anyone age 60 and older and \$4.00 for those under age 60 who participate in site meals and \$5.00 per meal for those under 60 who receive home delivered meals**

**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