



# AUGUST | 2018

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SALT IS ADDED IN THE KITCHEN</b>	<b>Due to product availability substitutions may occur</b>	<b>1</b> Chicken Breast Garlic Potatoes Wheat Roll with Butter Broccoli Salad Plums	<b>2</b> Tuna Casserole Peas & Carrots Wheat Roll with Butter Cherries	<b>3</b> Pizza Calzone Tossed Salad Watermelon Yogurt
<b>6</b> Chicken Cordon Bleu Cooked Broccoli Twice Baked Potatoes Fresh Orange	<b>7</b> Pork Chop with Gravy Red Skin Potatoes Beets Wheat Roll with Butter Applesauce	<b>8</b> Sliced Ham Sweet Potatoes Green Beans Wheat Roll with Butter Strawberries	<b>9</b> Beef Tips over Noodles Baby Carrots Cottage Cheese & Peaches	<b>10</b> Chicken Strips Hash Brown Patty Succotash Tropical Fruit
<b>13</b> Deluxe Burger On Whole Grain Bun Brussels Sprouts Fresh Fruit	<b>14</b> Turkey Goulash Italian Green Beans Cheese Breadstick Fresh Cantaloupe	<b>15</b> Salmon Vegetable Rice Zucchini Blueberry Cheesecake	<b>16</b> Italian Chicken Baby Baker Potatoes Wheat Roll with Butter Carrot & Raisin Salad Pears	<b>17</b> Macaroni and Cheese Stewed Tomatoes Mini Corn Muffin Peaches
<b>20</b> Cabbage Roll Vegetable Blend Wheat Roll with Butter Grapes	<b>21</b> Chili Dog on Whole Grain Bun Baked Chips Fresh Apple	<b>22</b> Meatloaf Mashed Potatoes Mixed Vegetables Roll with Butter Cook's Choice Dessert	<b>23</b> Sliced Turkey w/ Gravy Stuffing Carrot Coins Pineapple Chunks	<b>24</b> Chicken Drumstick Cheesy Potatoes Broccoli Vanilla Yogurt Apricots
<b>27</b> BBQ Beef Sandwich on Whole Grain Bun California Blend Hawaiian Dessert	<b>28</b> Chicken Salad on Croissant Three Bean Salad Fruit Cocktail Cookie	<b>29</b> Turkey Tetrazzini Zucchini & Tomatoes Wheat Roll with Butter Mandarin Oranges	<b>30</b> Hawaiian Sweet and Sour Pork Brown Rice Corn Wheat Roll with Butter Plums	<b>31</b> Cheese Manicotti Bread Stick Italian Green Beans Cherries

**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