




SEPTEMBER | 2018

Lenawee Department on Aging - ONSTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NO SALT IS ADDED IN THE KITCHEN</p>				<p>Due to product availability substitutions may occur</p>
<p>3 CLOSED FOR HOLIDAY</p> 	<p>4 CENTER CLOSED</p>	<p>5 Pigs in a Blanket Sweet Potato Tots Mixed Vegetables Fruit Salad</p>	<p>6 Lemon Fish Garden Vegetable Rice Zucchini Banana Bread</p>	<p>7 CENTER CLOSED</p>
<p>10 Chicken Leg Parsley Potatoes Peas & Pearl Onions Pineapple</p>	<p>11 CENTER CLOSED</p>	<p>12 Taco Salad (Beef, Cheese, Tomatoes) Tortilla Chips Orange jello with Mandarin Oranges</p>	<p>13 Chicken Salad Wheat Pita Coleslaw Plum</p>	<p>14 CENTER CLOSED</p>
<p>17 Pub Burger on Whole Grain Bun Sweet Potato Wedges Fresh Clementine</p>	<p>18 CENTER CLOSED</p>	<p>19 Spaghetti w/ Meat Sauce Italian Green Beans Garlic Breadstick Salad Fruit</p>	<p>20 CLOSED FOR LDA COUNTY-WIDE STAFF INSERVICE</p>	<p>21 CENTER CLOSED</p>
<p>24 Stuffed Peppers Vegetable Blend Dinner Roll w/Butter Cantaloupe</p>	<p>25 CENTER CLOSED</p>	<p>26 Pork Patty w/ gravy Cheesy Potatoes Zucchini & Tomatoes Fruit Cocktail</p>	<p>27 Meatloaf Mashed Potatoes w/gravy Vegetable Blend Wheat Roll w/ Butter Tropical Fruit</p>	<p>28 CENTER CLOSED</p>

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: 