



OCTOBER | 2018

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni and Cheese Stewed Tomatoes Fruit Salad Cookie	2 Chicken Cordon Bleu Sugar Snap Peas Au gratin Potatoes Fruit Cocktail	3 Goulash Green Beans & Mushrooms Garlic Breadstick Pears	4 Sliced Turkey w/ Gravy Stuffing Herb Glazed Carrots Pineapple Chunks	5 Salisbury steak with Mushroom Gravy Mashed Potatoes Succotash Wheat Roll w/ butter Cherry Cobbler
8 Chicken Drumstick Sweet Potato Tots Caribbean Vegetables Fruit	9 Creamed Chipped Beef over Mashed Potatoes Peas & Pearl Onions Cinnamon Applesauce	10 Pork Patty Cheesy Potatoes Brussels sprouts Wheat Roll w/ butter Plums	11 Chicken Gumbo Soup Tossed Salad Biscuit w/ butter Fruit Yogurt	12 Beef Fajitas Mexican Fiesta Rice Black Beans w/corn Peaches
15 Hot Dog on Whole Grain Bun 3 bean Salad Baked Chips Banana	16 Fish Sandwich w/ Cheese Peas & Carrots Grapes Cookie	17 Ham Sweet Potatoes Dinner Roll w/butter Salad Pears	18 Liver & Onions Mashed Potatoes w/ Gravy Green Beans Fruit Cook's Choice Dessert	19 Cabbage Roll Broccoli Wheat Roll w/ butter Fresh Apple
22 BBQ Pork Sandwich on Whole Grain Bun Maui Blend Veggies Baked Apple	23 Chicken & Broccoli Casserole Wheat Roll w/ butter Mandarin Oranges	24 Baked Chicken Roasted Potatoes Butternut Squash Tropical Blend Fruit	25 Beef Stroganoff Harvard Beets Wheat Roll w/ butter Fresh Orange	26 Baked Fish Rice Pilaf Normandy Vegetables Wheat Roll w/ butter Fruit Salad
29 Chicken Parmesan Whole Grain Spaghetti Italian Vegetable Blend Pineapple	30 Stuffed Pepper Mixed Vegetables Wheat Roll w/ butter Fruited Jello	31 Cauldron Soup "Chili" Hot Dogs Mixed Vegetables Pears Witches' Dessert (Marshmallow Pies)		Due to product availability substitutions may occur

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
\$3.00 for anyone age 60 and older
\$4.00 for those under age 60 who participate in site meals
\$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

NO SALT IS ADDED IN THE KITCHEN