



OCTOBER | 2018

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni and Cheese Stewed Tomatoes Fruit Salad Cookie	2 CENTER IS CLOSED	3 Goulash Green Beans & Mushrooms Garlic Breadstick Pears	4 Sliced Turkey w/ Gravy Stuffing Herb Glazed Carrots Pineapple Chunks	5 CENTER IS CLOSED
8 Chicken Drumstick Sweet Potato Tots Caribbean Vegetables Fruit	9 CENTER IS CLOSED	10 Pork Patty Cheesy Potatoes Brussels sprouts Wheat Roll w/ butter Plums	11 Chicken Gumbo Soup Tossed Salad Biscuit w/ butter Fruit Yogurt	12 CENTER IS CLOSED
15 Hot Dog on Whole Grain Bun 3 bean Salad Baked Chips Banana	16 CENTER IS CLOSED	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 CENTER IS CLOSED
22 BBQ Pork Sandwich on Whole Grain Bun Maui Blend Veggies Baked Apple	23 CENTER IS CLOSED	24 Baked Chicken Roasted Potatoes Butternut Squash Tropical Blend Fruit	25 Beef Stroganoff Harvard Beets Wheat Roll w/ butter Fresh Orange	26 CENTER IS CLOSED
29 Chicken Parmesan Whole Grain Spaghetti Italian Vegetable Blend Pineapple	30 CENTER IS CLOSED	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: 

NO SALT IS ADDED IN THE KITCHEN