



NOVEMBER | 2018

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SALT IS ADDED IN THE KITCHEN	Due to product availability substitutions may occur		1 Mushroom Steak Cheesy Potatoes Carrots Dinner Rolls Peaches	2 Almond Fish Parsley Potatoes Veggie Blend Fruit
5 Bratwurst Sweet Potato Fries Carrot/Raisin Salad Banana	6 Chicken Lasagna Brussel Sprouts Garlic Bread Applesauce	7 Meatloaf Mashed Potatoes w/gravy Vegetables Dinner roll Pears	8 Spaghetti w/meatballs Salad Breadstick Fruit	9 BBQ Chicken Breast Scalloped Potatoes Green Beans Dinner Roll Pineapple Apple Crisp
12 CENTER CLOSED FOR OBSERVANCE OF VETERAN'S DAY	13 Cabbage Roll Vegetable Blend Roll w/butter Fruit Salad	14 Sweet & Sour Chicken Brown Rice Caribbean Veggies Pineapple & Oranges	15 Turkey w/dressing and gravy Mashed Potatoes Peas and Onions Dinner Roll Pumpkin Dessert	16 Macaroni & Cheese Tomatoes w/Zucchini Blueberries & Strawberries
19 Chicken Drumstick Cheesy Potatoes Broccoli Tropical Fruit	20 Egg Salad on bed of lettuce Vegetable Beef Soup Crackers Fruited Yogurt Cookie	21 Pizza Calzone Green Beans Roll w/butter Fruited Jello	22 CLOSED HOLIDAY	23 CLOSED
26 Chicken Cordon Bleu Mashed Sweet Potatoes Fruit Salad Dinner Roll	27 Deluxe Pub Burger Salad Chips Pears	28 Fajitas Lima Beans Mexican Rice Pineapple Chunks	29 Pork Chop Mashed Potatoes w/gravy Carrots Cinnamon Applesauce	30 Chicken Caesar Salad 3 bean salad Bread and Butter Oranges

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