



NOVEMBER | 2018

LDA Menu - ONSTED

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 CENTER CLOSED
5 Bratwurst Sweet Potato Fries Carrot/Raisin Salad Banana	6 CENTER CLOSED	7 Meatloaf Mashed Potatoes w/gravy Vegetables Dinner roll Pears	8 Spaghetti w/meatballs Salad Breadstick Fruit	9 CENTER CLOSED
12 CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY	13 CENTER CLOSED	14 Turkey w/dressing and gravy Mashed Potatoes Peas and Onions Dinner Roll Pumpkin Dessert	15 Sweet & Sour Chicken Brown Rice Caribbean Veggies Pineapple & Oranges	16 CENTER CLOSED
19 Chicken Drumstick Cheesy Potatoes Broccoli Tropical Fruit	20 CENTER CLOSED	21 Pizza Calzone Green Beans Roll w/butter Fruited Jello	22 CLOSED HOLIDAY	23 CENTER CLOSED
26 Chicken Courdon Bleu Mashed Sweet Potatoes Fruit Salad Dinner Roll	27 CENTER CLOSED	28 Fajitas Lima Beans Mexican Rice Pineapple Chunks	29 Pork Chop Mashed Potatoes w/gravy Carrots Cinnamon Applesauce	30 CENTER CLOSED

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