



NOVEMBER | 2018

LDA – TECUMSEH MENU

| 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 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 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