



JANUARY | 2019

Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Due to product availability substitutions may occur</p>	<p>1 CLOSED HOLIDAY</p>	<p>2 Lemon Pepper Cod Garden Vegetable Rice Carrots Pineapple</p>	<p>3 Bean and Ham Soup Cornbread Pickle and Celery Applesauce Fruited Yogurt</p>	<p>4 Chicken Strips Risque Potatoes Vegetable Blend Breadstick Peaches</p>
<p>7 Beef Stew Biscuit Coleslaw Pears</p>	<p>8 Macaroni & Cheese w/sausage Green Beans Dinner Roll w/ butter Fruit</p>	<p>9 Baked Chicken Scalloped Potatoes Mixed Vegetables Roll Grape Juice</p>	<p>10 Swiss Steak Mashed Potatoes w/gravy Corn Strawberry Applesauce</p>	<p>11 Tator Tot Casserole Brussel Sprouts Dinner Roll w/butter Fresh Fruit</p>
<p>14 Lasagna Broccoli Garlic Bread Fruit Cocktail</p>	<p>15 Fish Almandine Spinach Garden Vegetable Rice Apricots</p>	<p>16 Full Bodied Cheeseburger On Whole Grain Bun 3 Bean Salad Fruit Cocktail Jello w/fruit</p>	<p>17 Chipped Beef Over baked Potato Peas and Pearl Onions Mandarin Oranges</p>	<p>18 Sweet and Sour Chicken Oriental Vegetables Rice Cinnamon Applesauce</p>
<p>21 Stuffed Pepper Whipped Potatoes Wax Beans Roll Fruit</p>	<p>22 Cream of Mushroom Soup w/crackers ½ Egg Salad Sandwich Celery Sticks Mixed Fruit</p>	<p>23 Goulash Green Beans Dinner Roll w/butter Fruit</p>	<p>24 Salmon Parsley Potatoes Garden Vegetables Cherries</p>	<p>25 Chili Dogs On Whole Grain Bun Broccoli Salad Fruit Salad Cookie</p>
<p>28 Chicken Cordon Blue Mashed Potato w/gravy Wheat Roll w/butter Glazed Carrots Fruit</p>	<p>29 Pork Patty Cheesy Potatoes Succotash Wheat Roll w/butter Plums</p>	<p>30 Tuna Casserole Vegetable Blend Roll w/butter Grapes</p>	<p>31 Meatloaf Mashed Potatoes w/gravy Tossed Salad Mixed Fruit</p>	<p>1 NO SALT IS ADDED IN THE KITCHEN</p>

To cancel meals or make changes to your Home Delivered Meal pattern please call
Cassie Hollenbeck,
LDA Nutrition Director,
 or
Jamie Smith,
HDM Intake Specialist
 at 264-5280

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: