



FEBRUARY | 2019

Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Country Fried Steak w/gravy Rissolle Potatoes Squash Peaches
4 Polish Sausage On Whole Grain Bun Midori Vegetables Pineapple	5 BBQ Chicken Mashed Potatoes w/gravy Vegetable Blend Wheat Roll w/ Butter Tropical Fruit	6 Biscuits & Gravy Sausage Links Warm Apples Tomato Juice	7 Turkey Tetrazzini Lima Beans Breadsticks Mandarin Oranges	8 Pulled Pork Sandwich on Wheat Bun Maui Blend Veggies Fruit Cocktail
11 Chicken Drumstick Winter Blend Vegetables Cheesy Potatoes Cherries	12 Spaghetti w/ Meat Sauce Garlic Breadstick Salad Fruit	13 Taco Salad w/beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Mixed Fruit	14 Smothered Chicken Scalloped Potatoes Mixed Vegetables Roll and butter Fruit Salad	15 Sweet & Sour Pork Brown Rice Caribbean Vegetables Banana
18 CLOSED	19 Cabbage Roll Vegetable Blend Bread and Butter Fruit	20 Mushroom Steak Mashed Potatoes w/gravy Corn Peaches	21 Fish Sandwich w/cheese Garden Vegetable Rice Rainbow Veggie Mix Pineapple	22 Beef Chow Mein Oriental Vegetables Dinner Roll Fresh Orange
25 Vegetable Lasagna Italian Green Beans Garlic Bread Applesauce	26 Beef Stroganoff Glazed Carrots Dinner Roll Pears	27 Chicken Gumbo Soup Tossed Salad Biscuit w/butter Fresh Fruit Yogurt	28 Sloppy Joe on Whole Grain Bun Cauliflower Fruit Mix Cookie	1

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