



MARCH | 2019

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 Vegetable Lasagna Italian Green Beans Garlic Bread Applesauce	26 Beef Stroganoff Glazed Carrots Dinner Roll Pears	27 Chicken Noodle Soup Tossed Salad Biscuit w/butter Fresh Fruit Yogurt	28 Sloppy Joe on Whole Grain Bun Cauliflower Fruit Mix Cookie	1 Pepper Steak Mashed Potatoes w/gravy Winter Blend Veggies Mandarin Oranges
4 Broccoli Stuffed Chicken Scandinavian Veggies Dinner Roll Warm Apples w/raisins	5 Chili/Cheese Potato California Blend Veggies Fruit Salad	6 Salmon Rice Stewed Tomatoes w/Zucchini Peaches	7 Pulled Pork Sandwich Mixed Vegetables Fresh Orange Cook's Choice Dessert	8 Bean and Cheese Burritos Spanish Rice Corn Plums
11 Stuffed Pepper Peas and Carrots Bread and Butter Pears	12 Beef Goulash Brussel Sprouts Dinner Roll Mixed Fruit	13 Savory Baked Chicken w/gravy Parsley Potatoes Midori Blend Veggies Pineapple	14 Corned Beef Sandwich Red-skin Potatoes Coleslaw Melon Shamrock Cookie	15 Crab Cakes Lima Beans Dinner Roll Apricots
18 Chicken Cordon Blue Mixed Vegetables Dinner Roll Peaches	19 Cheeseburger w/tomato/lettuce Prince Charles Veggies Fresh Fruit	20 Pork Loin Scalloped Potatoes Salad Cherries	21 Salisbury Steak w/mushroom gravy Mashed Potatoes Peas and Onions Fruit Salad	22 Cheese Tortellini Italian Green Beans Bread Stick Fruit Cocktail
25 BBQ Chicken Drumsticks Broccoli Tator Tots Cinnamon Applesauce	26 Sweet & Sour Pork Rice Oriental Vegetables Mandarin Oranges	27 Turkey Mashed Potatoes w/gravy Capri Blend Veggies Cranberry Sauce	28 Spaghetti w/meatballs and marinara sauce Italian Blend Veggies Apple Crisp	29 Macaroni & Cheese Stewed Tomatoes Dinner Roll Tropical Fruit

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:

JA Cheryl, 2008