

APRIL | 2019



LDA - Onsted Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cabbage Rolls Vegetables Bread and Butter Plums	2 CLOSED	3 Taco Salad w/beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Diced Fruit Mix	4 Sliced Turkey Mashed Potatoes w/gravy Glazed Carrots Fruit Salad	5 CLOSED
8 Swedish Meatballs over Rice Collard Greens Cherries	9 CLOSED	10 Chicken Drumstick Scalloped Potatoes Normandy Veggie Blend Fresh Clementine	11 Chipped Beef over Potato Peas & Onions Apricots	12 CLOSED
15 Pork Chop Mashed Potatoes with gravy Black Eyed Peas Prunes	16 CLOSED	17 Chicken Stew over biscuit Nantucket Veggies Warm Apples	18 Ham Cheesy Potatoes Brussel Sprouts Bread and Butter Pineapple Cooks Choice Dessert	19 CLOSED
22 Chicken Strips Tator Tots Mixed Vegetables Grapes	23 CLOSED	24 Tahitian Chicken Asian Vegetables Mashed Potatoes w/gravy Dinner roll and butter Fruit Salad	25 Beef Fajitas Mexican Rice Black Beans w/corn Apple Slices	26 CLOSED
29 Chicken Lasagna Broccoli Dinner Roll Tropical Fruit	30 CLOSED	1 Beef Goulash Midori Blend Veggies Honey Wheat Roll w/butter Mandarin Oranges	2 Tuna Salad on bed of lettuce Three Bean Salad Breadstick Apple	3 CLOSED

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