

OCTOBER | 2019

Lenawee County Department on Aging



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> <p>Cabbage Roll Whipped Potatoes California Blend Veg. Roll w/ Butter Pears</p>	<p>1</p> <p>Pub Burger Baked Beans Cole Slaw Banana</p>	<p>2</p> <p>Fried Chicken Leg Oven Brown Potatoes Carrot Coins Whole Wheat Rolls Apricots</p>	<p>3</p> <p>Salisbury Steak Mashed Potatoes Brussel Sprouts Fruit</p>	<p>4</p> <p>Crab Cakes Garden Rice Scandinavian Vegetable Blend Blueberries</p>
<p>7</p> <p>Pulled Pork Whole Wheat Bun Wax Beans Carrots Fruit Cocktail</p>	<p>8</p> <p>Macaroni and Cheese Stewed Tomatoes Malibu Blend Vegetables Raspberries</p>	<p>9</p> <p>Tuna Casserole Broccoli Tossed Salad Fruited Yogurt</p>	<p>10</p> <p>Broccoli Stuffed Chicken Scalloped Potatoes Beets Peaches</p>	<p>11</p> <p>Beef Stroganoff Asparagus Wheat Roll w/Butter Fresh Orange</p>
<p>14</p> <p>Spaghetti & Meat Sauce Normandy Blend Vegetables Breadsticks Pears</p>	<p>15</p> <p>Lemon Cod Creamed Potatoes Mixed Vegetables Grain Bread w/Butter Fresh Fruit Salad</p>	<p>16</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Cherries</p>	<p>17</p> <p>Stuffed Peppers Romain Salad Sourdough Roll w/Butter Fruited Jell-O</p>	<p>18</p> <p>Baked Chicken Roasted Potatoes Italian Blend Vegetables Tropical Fruit</p>
<p>21</p> <p>Fish Sandwich w/Cheese Peas and Carrots Mixed Berry Blend Cookie</p>	<p>22</p> <p>Tator Tot Casserole Green Beans Beets w/Orange Sauce Plums</p>	<p>23</p> <p>Sliced Ham Sweet Potatoes Key West Vegetables Grapes</p>	<p>24</p> <p>Vegetable Lasagna California Blend Vegetables Pineapple Garlic Bread</p>	<p>25</p> <p>Chili Dog Corn Creamy Coleslaw Pears</p>
<p>28</p> <p>Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Cinnamon Apples</p>	<p>29</p> <p>Pork Chop Cheesy Potatoes Peas Mixed Fruit</p>	<p>30</p> <p>Egg Casserole Hash Browns Tomato Juice Oranges</p>	<p>31</p> <p>Goulash Midori Blend Vegetables Rutabaga Peaches Devil's Food Cupcake</p>	<p>1</p>

Suggested Donation is \$3.00 for anyone age 60 and older, \$4.00 for those under 60 who participate in site meals and \$5.00 per meal for those under 60 who receive Home Delivered meals

To cancel meals or make changes to your Home Delivered Meal pattern please call 264-5280. Please call at least 24 hours in advanced when you will not be home to accept your meal.

Milk is served with meal.

Menu subject to change due to availability.

To reach the Department on Aging office please call 264-5280

Certified by:

SR Chapel

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