

AUGUST | 2020

Lenawee Department on Aging



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Cheese Manicotti Wax Beans Normandy Blend Vegetable Fresh Plums</p>	<p>4</p> <p>*Big Mac in a Bowl Beef, Cheese, Lettuce, Pickel, 1000 Island Dressing Garlic Breadstick Fruited Jell-O</p>	<p>5</p> <p>Salmon Wild Rice Midori Blend Vegetable Blueberries</p>	<p>6</p> <p>Hot Turkey Sandwich Open Face Mashed Potatoes w/Gravy Beets Banana</p>	<p>7</p> <p>Broccoli Stuffed Chicken Rosemary Potatoes Baked Squash Fruit for Salad</p>
<p>10</p> <p>Corn Dog Mac & Cheese Peas Apricots</p>	<p>11</p> <p>Sweet and Sour Pork Garden Rice Oriental Vegetables Broccoli Mandarin Oranges</p>	<p>12</p> <p>COOK'S INSERVICE <i>All Senior Centers, HDM and Curbside Meals Closed</i></p>	<p>13</p> <p>Mushroom Steak Mashed Potatoes/w Gravy Succotash Fresh Fruit Salad</p>	<p>14</p> <p>*Alabama Baked Spaghetti Green Beans Rutabaga Peach Cobbler Garlic Bread</p>
<p>17</p> <p>*Chicken Cacciatore Cheesy Potatoes Zucchini Grapes</p>	<p>18</p> <p>Swedish Meatballs Over Noodles Prince Charles Vegetable Cauliflower Cherries</p>	<p>19</p> <p>Ham Scalloped Potatoes Peas and Carrots Tropical Fruit</p>	<p>20</p> <p>Taco Salad w/Beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Cantaloupe</p>	<p>21</p> <p>Egg Casserole Hash Browns Stewed Tomatoes Apple & Cranberries</p>
<p>24</p> <p>Beef Burrito Mexican Rice Roasted Corn Fruit Cocktail</p>	<p>25</p> <p>Lemon Pepper Cod Creamed Potatoes Asparagus Raspberries</p>	<p>26</p> <p>*Cheeseburger'n Fries Casserole Mixed Vegetable Spinach Pears</p>	<p>27</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Baby Carrots Applesauce</p>	<p>28</p> <p>Chef Salad Three Bean Salad Breadstick Watermelon</p>
<p>31</p> <p>Polish Sausage w/Sauerkraut Italian Green Beans Redskin Potatoes Fruited Yogurt</p>	<p>1</p> <p>Meatloaf Mashed Potatoes w/Gravy Corn Strawberries</p>	<p>2</p> <p>Chicken Strips Baked Beans Capri Blend Vegetable Peaches</p>	<p>3</p> <p>Calico Beans Brussel Sprouts Key West Vegetable Pineapple</p>	<p>4</p> <p>Tuna Casserole Winter Blend Vegetable Yellow Squash Fresh Orange</p>

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.

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

Milk is served with meal.

Menu subject to change due to product availability.

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

Certified by:

Dr. Chapel, RDN, COCES

Featuring Recipe/Ideas shared by LDA Staff