

SEPTEMBER | 2020



Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Polish Sausage w/Sauerkraut Italian Green Beans Redskin Potatoes Fruited Yogurt	1 Meatloaf Mashed Potatoes w/Gravy Corn Strawberries	2 Chicken Strips Baked Beans Capri Blend Vegetable Peaches	3 Calico Beans Brussel Sprouts Key West Vegetable Pineapple	4 Tuna Casserole Winter Blend Vegetable Yellow Squash Fresh Orange
7 CLOSED IN OBSERVANCE OF LABOR DAY	8 Pork Patty w/ Gravy Cheesy Potatoes Stewed Tomatoes Fruit Cocktail	9 *Philly Steak Sloppy Joe Tator Tots Beets Cinnamon Apples	10 Baked Chicken Rissolle Potatoes Baked Squash Tropical Fruit	11 Club Sandwich Salad Rotini Salad Bread Stick Watermelon
14 Lasagna Peas California Blend Garlic Bread Raisins	15 Fish Almondine Garden Rice Mixed Vegetable Cherries	16 Ham and Swiss Pita Pocket w/Lettuce and Tomato Cucumber Salad Fresh Plum	17 Chicken Parmesan Whole Grain Spaghetti Spinach Prince Charles Vegetable Mango	18 Salisbury Steak Mashed Potatoes w/Gravy Zucchini Applesauce
21 Stuffed Peppers Scalloped Potatoes Kyoto Vegetable Mandarin Oranges	22 Chicken Strips Rosemary Potatoes Wax Beans Whole Wheat Roll Apricots	23 Beef Fajitas Mexican Rice Roasted Corn Raspberries	24 Biscuits & Gravy Turkey Sausage Links Tomato and Zucchini Grapes	25 Chili Dog Potato Wedges Green Beans Prunes
28 Chicken Chow Mein Broccoli Lima Beans Fortune Cookie Banana	29 *Cowboy Beans Carrots Cauliflower Corn Bread Strawberry Applesauce	30 Pulled Pork Kaiser Bun Baked Beans Sweet Potato Tots Fruited Jell-O	1 Salmon Wild Rice Midori Blend Vegetable Blueberries	2 Beef Stroganoff Asparagus Peas and Carrots Dinner Roll Pears

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:

DA Chapel, RDN, COCES

Featuring Recipe/Ideas shared by LDA Staff