

OCTOBER | 2020



Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 Chicken Chow Mein Broccoli Lima Beans Fortune Cookie Bananas</p>	<p>29 *Cowboy Beans Carrots Cauliflower Corn Bread Strawberry Applesauce</p>	<p>30 Pulled Pork Kaiser Bun Baked Beans Sweet Potato Tots Fruited Jell-O</p>	<p>1 Salmon Wild Rice Zucchini Raspberries</p>	<p>2 Beef Stroganoff Asparagus Kyoto Blend Vegetable Dinner Roll Pears</p>
<p>5 Cabbage Roll Wax Beans Corn Roll w/ Butter Apricots</p>	<p>6 Pepper Steak Mashed Potatoes Brussel Sprouts Cinnamon Apples</p>	<p>7 Lemon Cod Creamed Potatoes Mixed Vegetables Grain Bread w/Butter Fresh Fruit Salad</p>	<p>8 Sliced Ham Sweet Potatoes Key West Vegetables Grapes</p>	<p>9 Baked Chicken Pesto Kale Potatoes Stewed Tomatoes Ambrosia</p>
<p>12 Spaghetti & Meat Sauce Scandinavian Vegetable Green Beans Breadstick Tropical Fruit</p>	<p>13 Broccoli Stuffed Chicken Scalloped Potatoes Beets Fruited Yogurt</p>	<p>14 Cheese Burger Deluxe Potato Wedges Roasted Corn Strawberries</p>	<p>15 Pork Chop Mashed Potatoes Peas Fruit Cocktail</p>	<p>16 Vegetable Lasagna Succotash Winter Blend Vegetable Garlic Bread Raisins</p>
<p>19 Tator Tot Casserole Prince Charles Vegetable Beets w/Orange Sauce Cook's Choice Fruit</p>	<p>20 Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Cherries</p>	<p>21 Sweet & Sour Pork Brown Rice Oriental Blend Vegetables Peas and Onions Blueberries</p>	<p>22 Chili Dog Potato Medley Italian Green Beans Strawberry Mango Slushy</p>	<p>23 Braised Beef Cream Corn Nantucket Blend Vegetable Prunes</p>
<p>26 Fish Sandwich w/Cheese Peas and Carrots Spinach Mixed Berry Blend</p>	<p>27 Swedish Meatballs Over Noodles Baby Carrots Caribbean Blend Vegetable Pineapple</p>	<p>28 Chicken Stew Over Biscuits Yellow Squash Broccoli Pears</p>	<p>29 Egg Casserole Hash Browns Tomato and Zucchini Mandarin Oranges</p>	<p>30 Goulash Midori Blend Vegetable Rutabaga Peaches Devil's Food Cupcake</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:

DA Chapel, RDN, COCES

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