



# JANUARY | 2021

## Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p> <p>Beef, Bean and Cheese Burrito Spanish Rice Corn w/Black Beans Fruit Salad</p>	<p>29</p> <p>Chicken Stew Biscuit Baked Squash Lima Beans Pears</p>	<p>30</p> <p>Cheese Burger Deluxe Tator Tots Mixed Vegetable Cinnamon Apples</p>	<p>31</p> <p><b>NEW YEAR'S EVE</b></p> <p>ALL SENIOR CENTERS CLOSED</p>	<p>1</p> <p><b>NEW YEAR'S DAY</b></p> <p>ALL SENIOR CENTERS CLOSED</p>
<p>4</p> <p>Swiss Steak Mashed Potatoes w/Gravy Broccoli Fruit Slushy</p>	<p>5</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Asparagus Ambrosia</p>	<p>6</p> <p>Potato Crusted Tilapia Cheesy Potatoes Key West Vegetable Rye Bread Cherries</p>	<p>7</p> <p>Pancake Sausage Glazed Baby Carrots Spinach Orange Juice Banana Bread</p>	<p>8</p> <p>Broccoli Stuffed Chicken Potato Wedges Beets Fresh Melon</p>
<p>11</p> <p>Philly Steak Sub Wax Beans Kyoto Blend Vegetable Fruit Cocktail</p>	<p>12</p> <p>Boiled Dinner Sausage, Cabbage Potato, Carrots Corn Bread Pineapple</p>	<p>13</p> <p>Taco Salad Beef, Cheese, Tomato, Onion, Lettuce Tortilla Chips Blueberries</p>	<p>14</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Yellow Squash Applesauce</p>	<p>15</p> <p>Chicken Lasagna Brussel Sprouts Malibu Blend Vegetable Garlic Bread Apricots</p>
<p>18</p> <p>Stuffed Pepper Au Gratin Potatoes Prince Charles Vegetable Grain Bread Fruited Jell-O</p>	<p>19</p> <p>Chicken Fajitas Rice Pilaf Midori Blend Vegetable Mango</p>	<p>20</p> <p>Hot Pork Sandwich Mashed Potatoes w/Gravy Tomatoes and Zucchini Prunes</p>	<p>21</p> <p>Chili Dogs Baked Beans Cauliflower Mandarin Oranges</p>	<p>22</p> <p>Meatloaf Rissolle Potatoes Green Beans Grapes</p>
<p>25</p> <p>Smothered Chicken Rosemary Potato Asian Vegetable Tropical Fruit</p>	<p>26</p> <p>Spaghetti w/Meat Sauce Italian Blend Vegetable Peas Bread Sticks Fruited Yogurt</p>	<p>27</p> <p>Salmon Wild Rice Peas &amp; Carrots Sweet Brown Roll Raspberries</p>	<p>28</p> <p>Pork Chop Sweet Potatoes Corn Pears</p>	<p>29</p> <p>Beef Stroganoff Succotash Winter Blend Vegetable Sourdough Roll Peaches</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*