



FEBRUARY | 2021

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pork Sandwich Sweet Potato Puffs Cauliflower Mandarin Oranges	2 Chicken Cordon Bleu Potato Medley Asparagus Sliced Apples	3 Tator Tot Casserole Lima Beans Kyoto Blend Vegetable Fruit Cocktail	4 Chipped Beef Baked Potato Prince Charles Vegetable Zucchini Cherries	5 Lemon Pepper Cod Wild Rice Corn Wheat Roll Blueberries
8 Shepherd's Pie Stewed Tomatoes Key West Vegetable Grapes	9 Lasagna Italian Green Beans Yellow Squash Garlic Bread Applesauce	10 Ham Sweet Potatoes Capri Blend Vegetable Rye Bread Mango	11 Pepper Steak Red Skin Potatoes Carrots Peaches	12 Polish Sausage w/Sauerkraut Baked Beans Mixed Vegetable Prunes
15 PRESIDENT'S DAY All Senior centers Closed	16 Sweet and Sour Chicken Brown Rice Oriental Vegetable Peas and Carrots Mixed Berries Fortune Cookie	17 Almond Fish Cheesy Potatoes Broccoli Grain Bread Pears	18 Goulash Baked Squash Midori Blend Vegetable Apricots Breadsticks	19 Chicken Sandwich w/Cheese, Lettuce & Tomato Brussel Sprouts Scandinavian Blend Vegetable Banana
22 Egg Casserole Hash Browns Tomato and Zucchini Orange Juice	23 Cabbage Rolls Peas Caribbean Blend Vegetable Wheatberry Bread Fruited Yogurt	24 Cheese Burger Deluxe Potato Wedges Corn w/ Black Beans Raspberries	25 Liver and Onions Mashed Potatoes w/Gravy Nantucket Blend Vegetable Pineapple	26 Pizza Calzone Winter Blend Vegetable Rutabaga Tropical Fruit

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