



# MARCH | 2021

## Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |   |  |  |
|--|--|---|--|--|
| <p><b>1</b></p> <p>Baked Chicken<br/>Rice Pilaf<br/>Kyoto Blend Vegetable<br/>Fresh Fruit Salad</p>        | <p><b>2</b></p> <p>Chili Topped Potato<br/>California Blend<br/>Vegetable<br/>Zucchini<br/>Mandarin Oranges</p>    | <p><b>3</b></p> <p>Hot Dog<br/>Baked Beans<br/>Prince Charles Vegetable<br/>Blueberries</p>   | <p><b>4</b></p> <p>Hot Turkey Sandwich<br/>Mashed Potatoes w/Gravy<br/>Capri Blend Vegetable<br/>Sliced Apples and<br/>Cranberry Sauce</p> | <p><b>5</b></p> <p>Bean and Cheese<br/>Chalupa w/Lettuce and<br/>Tomato<br/>Spanish Rice<br/>Carrots<br/>Raisins</p>         |
| <p><b>8</b></p> <p>Macaroni &amp; Cheese<br/>Peas<br/>Stewed Tomatoes<br/>Tropical Fruit</p>               | <p><b>9</b></p> <p>Chicken Tenders<br/>Pesto Kale Potatoes<br/>Normandy Blend<br/>Vegetable<br/>Fruited Yogurt</p> | <p><b>10</b></p> <p>Pork Chop<br/>Mashed Potatoes<br/>w/Gravy<br/>Asparagus<br/>Strawberries</p>  | <p><b>11</b></p> <p>Beef Stew<br/>Biscuit<br/>Baked Squash<br/>Lima Beans<br/>Pears</p>  | <p><b>12</b></p> <p>Potato Crusted Tilapia<br/>Wild Rice<br/>Key West Vegetable<br/>Rye Bread<br/>Cherries</p>               |
| <p><b>15</b></p> <p>Swedish Meatballs<br/>Over Noodles<br/>Corn<br/>Winter Blend Vegetable<br/>Peaches</p> | <p><b>16</b></p> <p>BBQ Pork Sandwich<br/>Potato Wedges<br/>Midori Blend Vegetable<br/>Apricots</p>                | <p><b>17</b></p> <p>Corned Beef and Swiss<br/>on Rye Swirl Bread<br/>Red Skin Potatoes<br/>Cabbage<br/>Fruited Lime Jell-O<br/>Cookie</p> | <p><b>18</b></p> <p>Tahitian Chicken<br/>Brown Rice<br/>Asian Blend Vegetable<br/>Banana</p>   | <p><b>19</b></p> <p>Roasted Vegetable<br/>Lasagna<br/>Italian Green Beans<br/>Yellow Squash<br/>Raspberries</p>              |
| <p><b>22</b></p> <p>Salisbury Steak<br/>Mashed Potatoes<br/>Spinach<br/>Cherries</p>                       | <p><b>23</b></p> <p>BBQ Chicken<br/>Nuggets<br/>Sweet Potato Puffs<br/>Cauliflower<br/>Cinnamon Applesauce</p>     | <p><b>24</b></p> <p>Sloppy Joe<br/>Au Gratin Potatoes<br/>Beets<br/>Peach Cobbler</p>   | <p><b>25</b></p> <p>Sweet and Sour<br/>Pork<br/>Brown Rice<br/>Scandinavian Blend<br/>Vegetable<br/>Prunes</p>                             | <p><b>26</b></p> <p>Cheese Tortellini<br/>Wax Beans<br/>Nantucket Blend<br/>Vegetable<br/>Bread Stick<br/>Fruit Cocktail</p> |
| <p><b>29</b></p> <p>Salmon<br/>Asian Rice<br/>Succotash<br/>Grapes</p>                                     | <p><b>30</b></p> <p>Chicken Alfredo<br/>Brussel Sprouts<br/>Italian Blend Vegetable<br/>Mango</p>                  | <p><b>31</b></p> <p>Stuffed Pepper<br/>Mixed Vegetables<br/>Rutabaga<br/>Wheat Roll<br/>Fruit Salad</p>                                   | <p><b>1</b></p> <p>Meatloaf<br/>Cheesy Potatoes<br/>Broccoli<br/>Pineapple<br/>Carrot Cake</p>   | <p><b>2</b></p> <p>Good Friday<br/><br/>All Senior Centers<br/>Closed</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*