



SEPTEMBER | 2018

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SALT IS ADDED IN THE KITCHEN				Due to product availability substitutions may occur
3 CLOSED FOR HOLIDAY 	4 Lasagna Garlic Toast California Blend Grapes	5 Pigs in a Blanket Sweet Potato Tots Mixed Vegetables Fruit Salad	6 Lemon Fish Garden Vegetable Rice Zucchini Banana Bread	7 Hamburger Gravy over Mashed Potatoes Green Beans Peaches
10 Chicken Leg Parsley Potatoes Peas & Pearl Onions Pineapple	11 Sliced Roast Beef Baby Baker Potatoes Brussels sprouts Fruit Cocktail Cooks Choice Dessert	12 Taco Salad (Beef, Cheese, Tomatoes) Tortilla Chips Orange jello with Mandarin Oranges	13 Chicken Salad Wheat Pita Coleslaw Plum	14 Sloppy Joes on Whole Grain Bun Cauliflower Baked Chips Strawberries
17 Pub Burger on Whole Grain Bun Sweet Potato Wedges Fresh Clementine	18 Baked Chicken Mexican Rice Corn and Black Bean Fiesta Veggies Watermelon	19 Spaghetti w/ Meat Sauce Italian Green Beans Garlic Breadstick Salad Fruit	20 CLOSED FOR LDA COUNTY-WIDE STAFF INSERVICE	21 Sweet & Sour Chicken Brown Rice Caribbean Vegetables Banana
24 Stuffed Peppers Vegetable Blend Dinner Roll w/Butter Cantaloupe	25 Biscuits & Gravy Turkey Sausage Links Cinnamon Applesauce Tomato Juice	26 Pork Patty w/ gravy Cheesy Potatoes Zucchini & Tomatoes Fruit Cocktail	27 Meatloaf Mashed Potatoes w/gravy Vegetable Blend Wheat Roll w/ Butter Tropical Fruit	28 Broccoli & Cheese Chicken Rice Pilaf Tossed Salad Pears

To cancel meals or make changes to your Home Delivered Meal pattern please call
Cassie Hollenbeck,
LDA Nutrition Director,
at 264-5290 or
Jamie Smith,
HDM Intake Specialist
at 264-5296

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

Milk is served with every meal

To reach the Department on Aging office please call 264-5280 between 8:00 a.m. – 4:30 p.m. Messages can be left during non-business hours

Remember to call at least 24 hours in advance if you will not be home to receive your meal.

Certified by:  RB