

# APRIL 2026 MENU

## Lenawee Department on Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>30</b>		<b>31</b>		<b>1</b>		<b>2</b>		<b>3</b>	
Braised Beef over Noodles Baby Carrots Applesauce	21g 40g 0g 14g	Hot Dog w/bun Baked Beans Beets Pears	0g 21g 30g 8g 18g	Chicken & Dumplings Peas & Onions Blueberries Strawberry Yogurt	30g 12g 16g 9g	Ham Sweet Potatoes Green Beans Potato Roll Yum Yum Cake	0g 29g 0g 17g 23g	<b>Good Friday</b>  ALL SENIOR CENTERS CLOSED	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
Country Fried Steak Country Gravy Mashed Potatoes Broccoli Mandarin Oranges	29g 5g 15g 0g 15g	Sweet & Sour Chicken Brown Rice Scandinavian Vegetables Raisins	17g 36g 7g 22g	<i>Taco Salad</i> Beef, Beans, Cheese Lettuce, & Tomatoes Tortilla Chips Raspberries	24g 0g 18g 17g	Meat Lasagna Wax Beans Garlic Bread Papaya and Mango	29g 0g 15g 15g	Lemon Pepper Fish Rice Pilaf Peas Peach Yogurt	26g 25g 15g 9g
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
Alamandine Fish Scalloped Potatoes Collard Greens Pineapple	7g 22g 0g 15g	Beef Fajitas Corn Zucchini Applesauce	19g 17g 0g 14g	Cheese Burger Deluxe w/bun Sweet Potato Tots Peas & Carrots Stawberry Gelatin	8g 28g 23g 10g 3g	Turkey Tetrizzini Caribbean Blend Vegetables Pears	29g 0g 15g	Pepperoni Pizza Italian Blend Vegetable Mixed Fruit	22g 0g 15g
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
Cabbage Rolls Peas & Carrots Wheat Roll Papaya and Pineapple	19g 10g 24g 15g	Pepper Steak Mashed Potatoes Brussel Sprouts Peaches	14g 15g 8g 14g	Baked Chicken Rosemary Potatoes Spinach Mixed Fruit	18g 20g 0g 15g	Deli Turkey & Swiss Brioche Bun Coleslaw Mandarin Orange Gelatin	0g 28g 19g 24g	Calico Beans Key West Vegetables Pineapple	25g 0g 15g
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>1</b>	
Pork Chop Mashed Potatoes w/Gravy Asparagus Cinnamon Applesauce	0g 15g 4g 0g 13g	Chipped Beef over Baked Potato Baked Squash Cherry Yogurt	17g 12g 5g 12g	Meatloaf Cheesy Potatoes Italian Blend Vegetables Pineapple	15g 20g 0g 15g	Pulled Pork w/bun Red Cabbage Peaches	12g 28g 24g 14g	Broccoli Chicken Divan Brown Rice Mixed Vegetable Tropical Fruit	12g 36g 10g 15g

Suggested Donation is \$4.00 for anyone age 60 and older. There is a \$5.00 charge for those under age 60 who participate in site meals

To cancel meals or make changes to your Home Delivered Meal pattern, call 264-5280. Please call at least 24 hours in advance when you will not be home to accept your meal.

Milk is offered with the meal, 12g carbohydrates. All other carbohydrates are noted on the menu for each item.

Due to product availability, menu is subject to change.

To reach the Department on Aging office please call 264-5280

Certified  
by: Sarah Pollack,  
RDN, CDCES