

# OCTOBER | 2021

## Lenawee Department on Aging



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>27</b></p> <p>Chicken Chow Mein Broccoli Fortune Cookie Banana</p>	<p><b>28</b></p> <p>Pulled Pork Sandwich Sweet Potato Puffs Scandinavian Blend Vegetable Fruited Jell-O</p>	<p><b>29</b></p> <p>Potato Crusted Tilapia Rice Pilaf Midori Blend Vegetable Blueberries</p>	<p><b>30</b></p> <p>CLOSED DEPARTMENT ON AGING ALL STAFF INSERVICE</p>	<p><b>1</b></p> <p>Beef Stroganoff Prince Charles Vegetable Grain Bread Pears</p>
<p><b>4</b></p> <p>Chipped Beef Baked Potato Beets Raspberries</p>	<p><b>5</b></p> <p>Pepper Steak Mashed Potatoes Brussel Sprouts Cinnamon Apples</p>	<p><b>6</b></p> <p>Salmon Zucchini Brown Sweet Rolls Yum Yum Cake</p>	<p><b>7</b></p> <p>Ham Sweet Potatoes Key West Vegetables Pineapple</p>	<p><b>8</b></p> <p>Chicken Tetrazzini Kyoto Vegetables Potato Roll Fresh Fruit Salad</p>
<p><b>11</b></p> <p>Mostaccioli Green Beans Breadstick Tropical Fruit</p>	<p><b>12</b></p> <p>Broccoli Stuffed Chicken Carrots Assorted Dinner Roll Fruited Yogurt</p>	<p><b>13</b></p> <p>Cheese Burger Deluxe Corn Cucumber Salad Strawberries</p>	<p><b>14</b></p> <p>Pork Chop Scalloped Potatoes Peas Cherries</p>	<p><b>15</b></p> <p>Meatloaf Mashed Potatoes w/Gravy Winter Blend Prunes</p>
<p><b>18</b></p> <p>Cabbage Rolls Wax Beans Cheddar Garlic Biscuits Mandarin Oranges</p>	<p><b>19</b></p> <p>Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Fruit Cocktail</p>	<p><b>20</b></p> <p>Sweet &amp; Sour Pork Brown Rice Oriental Blend Vegetable Michigan Blend Fruit</p>	<p><b>21</b></p> <p>Chicken Enchiladas Mexican Rice Refried Beans Mangos</p>	<p><b>22</b></p> <p>Braised Beef European Blend Vegetable Side Salad Apricots</p>
<p><b>25</b></p> <p>Baked Chicken Rissolle Potatoes Venetian Blend Vegetable Ambrosia</p>	<p><b>26</b></p> <p>Swedish Meatballs Over Noodles Baby Carrots Grapes</p>	<p><b>27</b></p> <p>Fish Sandwich w/Cheese Tomatoes and Zucchini Coleslaw Mixed Berry Blend</p>	<p><b>28</b></p> <p>Egg Casserole Hash Browns Asparagus Banana</p>	<p><b>29</b></p> <p>Goulash Capri Blend Vegetable Peaches Devil's Food Cupcake</p>

**Suggested Donation is \$3.00 for anyone age 60 and older. \$4.00 for those under age 60 who participate in site 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*