

NOVEMBER | 2021



Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pork Sandwich Malibu Blend Vegetable Zucchini Apple	2 Chicken Cordon Bleu Brussel Sprouts Hawaiian Roll Fruit Salad	3 Tator Tot Casserole Baby Carrots Raspberries	4 Chicken Fajitas Mexican Rice Lima Beans Pineapple Chunks	5 Chipped Beef Over Baked Potato Capri Blend Vegetable Cherries
8 Sweet & Sour Chicken Brown Rice Oriental Blend Vegetable Mandarin Oranges Fortune Cookie	9 Polish Sausage w/ Sauerkraut Baked Beans Coleslaw Raisins	10 Sliced Ham Sweet Potatoes Wheat Roll Tropical Fruit	11 VETERANS' DAY ALL SENIOR CENTERS CLOSED	12 Vegetable Lasagna Winter Blend Vegetable Garlic Bread Fruit Slushy
15 Baked Chicken Cheesy Potatoes Prince Charles blend Vegetable Prunes	16 Almond Fish Wild Rice Peas and Onions Peaches	17 Mushroom Steak Baked Squash Dinner Roll Fruited Yogurt	18 Turkey w/Gravy Dressing Mashed Potatoes Green Beans Sour Dough Roll Pumpkin Dessert	19 Pizza Calzone Wax Beans Blueberries
22 Pancake Sausage Asparagus Tomato and Zucchini Orange Juice	23 BBQ Chicken Chunks Mac & cheese Beets Raspberries	24 Deluxe Cheese Burger Tator Tots Normandy Blend Vegetable Grapes	25 HAPPY THANKSGIVING ALL SENIOR CENTERS CLOSED	26 ALL SENIOR CENTERS CLOSED
29 Tilapia Garden Blend Rice Key West Vegetables Pears	30 Stuffed Pepper Yellow Squash Seven Grain Bread Fruit Cocktail	1 Chili Topped Potato Capri Blend Vegetable Mango	2 Chicken Sandwich w/Cheese, Lettuce & Tomato Italian Blend Vegetable Applesauce	3 Shepherd's Pie Far East Blend Vegetable Fruited Jell-O

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