



DECEMBER | 2021

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 Swedish Meatballs Over Noodles Prince Charles Vegetable Grapes	7 Pork Chop Scalloped Potatoes Peas Tropical Fruit	8 Pepper Steak Red Skin Potatoes California Vegetable Raisins	9 Chicken Kiev Rice Pilaf Brussel Sprouts Blueberries	10 Salmon Parsley Potatoes Baby Carrots Pineapple
13 Cheese Tortellini w/Spaghetti Sauce Midori Blend Vegetable Breadsticks Prunes	14 Tahitian Chicken Wild Rice Asian Blend Vegetable Mixed Fruit	15 BBQ Pulled Pork Kiser Bun Scandinavian Blend Vegetable Fruited Yogurt	16 Roast Beef Mashed Potatoes w/Gravy Green Beans Broccoli Salad Dinner Roll Cherry Dessert	17 Egg Casserole Hash Browns Tomato and Zucchini Orange Juice
20 Chicken Tenders Potato Wedges Spinach Cherries	21 Fish Sandwich Wax Beans Beets Mandarin Oranges	22 Italian Lasagna Broccoli Garlic Bread Raspberries	23 CHRISTMAS EVE OBSERVED ALL SENIOR CENTERS CLOSED	24 CHRISTMAS DAY OBSERVED ALL SENIOR CENTERS CLOSED
27 Beef, Bean and Cheese Burrito Spanish Rice Corn w/Black Beans Fruit Salad	28 Chicken Stew Biscuit Baked Squash Peaches	29 Cheese Burger Deluxe Tater Tots Mixed Vegetable Cinnamon Apples	30 NEW YEAR'S EVE OBSERVED ALL SENIOR CENTERS CLOSED	31 NEW YEAR'S DAY OBSERVED ALL SENIOR CENTERS CLOSED

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:

Dr. Chapel, RDN, COCES