



# JANUARY | 2022

## Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Swiss Steak Mashed Potatoes w/Gravy Broccoli Fruit Slushia</p>	<p>4</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Asparagus Ambrosia</p>	<p>5</p> <p>Potato Crusted Tilapia Rice Pilaf Key West Vegetable Cherries</p>	<p>6</p> <p>Pancake Sausage Glazed Baby Carrots Banana Bread Orange Juice</p>	<p>7</p> <p>Broccoli Stuffed Chicken Cheesy Potatoes Beets Fresh Melon</p>
<p>10</p> <p>Philly Steak Sub Wax Beans Fruit Cocktail</p>	<p>11</p> <p>Boiled Dinner Sausage, Cabbage Potato, Carrots Pineapple</p>	<p>12</p> <p>Taco Salad Beef, Cheese, Tomato, Onion, Lettuce Tortilla Chips Blueberries</p>	<p>13</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Yellow Squash Applesauce</p>	<p>14</p> <p>Chicken Lasagna Malibu Blend Vegetable Garlic Bread Fruited Jell-O</p>
<p>17</p> <p>Stuffed Pepper Prince Charles Vegetable Grain Bread Cobbler</p>	<p>18</p> <p>Chicken Fajitas Spanish Rice Midori Blend Vegetable Mango</p>	<p>19</p> <p>Hot Pork Sandwich Mashed Potatoes w/Gravy Tomatoes and Zucchini Prunes</p>	<p>20</p> <p>Chili Dogs Baked Beans Cauliflower Mandarin Oranges</p>	<p>21</p> <p>Meatloaf Rissole Potatoes Green Beans Grapes</p>
<p>24</p> <p>Smothered Chicken Rosemary Potato Brussel Sprouts Tropical Fruit</p>	<p>25</p> <p>Spaghetti w/Meat Sauce Italian Blend Vegetable Bread Sticks Fruited Yogurt</p>	<p>26</p> <p>Almond Fish Wild Rice Peas &amp; Carrots Raspberries</p>	<p>27</p> <p>Ham Sweet Potatoes Corn Pears</p>	<p>28</p> <p>Beef Stroganoff Winter Blend Vegetable Sourdough Roll Peaches</p>
<p>31</p> <p>BBQ Pulled Chicken Brioche Bun Carrots Mixed Fruit</p>	<p>1</p> <p>Biscuits &amp; Gravy Bacon Capri Blend Vegetable Strawberries</p>	<p>2</p> <p>Tator Tot Casserole Kyoto Blend Vegetable Cinnamon Apples</p>	<p>3</p> <p>Chicken Fettuccine Alfredo Beets Side Salad Grape Juice</p>	<p>4</p> <p>Sweet and Sour Pork Brown Rice Oriental Vegetable Raisins Fortune Cookie</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*