



FEBRUARY | 2022

Lenawee Department on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31 BBQ Pulled Chicken Brioche Bun Carrots Mixed Fruit	1 Biscuits & Gravy Bacon Capri Blend Vegetable Strawberries	2 Tator Tot Casserole Kyoto Blend Vegetable Cinnamon Apples	3 Chicken Fettuccine Alfredo Beets Side Salad Grape Juice	4 Sweet and Sour Pork Brown Rice Oriental Vegetable Raisins Fortune Cookie
7 Chipped Beef Baked Potato Prince Charles Vegetable Cherries	8 Sloppy Joe Cauliflower Mandarin Oranges	9 Tahitian Chicken Asian Rice Tomatoes and Zucchini Pears Wheat Rolls	10 Lemon Butter Fish Pesto Kale Potatoes Mixed Vegetable Yum Yum Cake	11 Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Prunes
14 Mushroom Steak Red Skin Potatoes Malibu Blend Vegetable Multigrain Rolls Red Velvet Cake	15 Baked Chicken Cheesy Potatoes Green Beans Peaches	16 English Battered Cod Wild Rice Spinach Tropical Apples	17 Mini Corn Dogs Macaroni and Cheese Zucchini Raspberries	18 Goulash Side Salad Fruit Cocktail Breadsticks
21 PRESIDENT'S DAY All Senior centers Closed	22 Swedish Meatballs over Noodles Brussel Sprouts Fruit Slushy	23 Chicken Stew Biscuit Lima Beans Blueberries	24 Liver and Onions Mashed Potatoes w/Gravy Nantucket Blend Vegetable Pineapple	25 Pizza Asparagus Broccoli Salad Applesauce
28 Cabbage Rolls Peas Fruited Yogurt Grain Bread	1 Chili Topped Potato Yellow Squash Mango	2 Pork Loin Mashed Potatoes w/Gravy Baby Carrots Fruited Jell-O	3 Cheeseburger Deluxe Potato Wedges Cucumber Salad Grapes	4 Chicken Cordon Bleu Rosemary Potatoes Far East Vegetable Tropical Fruit

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

Due to the current industry and product availability, menu is subject to change.