

JULY | 2022

Lenawee Department on Aging



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27</p> <p>Burrito Spanish Rice Refried Beans Mango</p>	<p>28</p> <p>Macaroni & Cheese Tomato Salad Green Beans Raisins</p>	<p>29</p> <p>Pepper Steak Mashed Potatoes Capri Vegetable Cherries</p>	<p>30</p> <p>Potato Crusted Tilapia Rice Pilaf Carrots Raspberries</p>	<p>1</p> <p>Deluxe Cheeseburger Baked Beans Cucumber Salad Fresh Sliced Apple Smore's in a Cup</p>
<p>4</p> <p>Closed for Independence Day</p>	<p>5</p> <p>Chicken Kiev Rosemary Potatoes Midori Blend Vegetable Mandarin Oranges</p>	<p>6</p> <p>Philly Steak Sub Peas and Carrots Baked Chips Pineapple</p>	<p>7</p> <p>Red, White & Blue Salad Turkey, Blueberries, Raspberries and Shredded Cheddar Breadstick Brownie</p>	<p>8</p> <p>Pork Ribbettes Cheesy Potatoes Broccoli Apricots</p>
<p>11</p> <p>Stuffed Pepper Wax Beans Rye Bread Tropical Fruit</p>	<p>12</p> <p>Chicken Alfredo Yellow Squash Garlic Cheddar Biscuit Blueberries</p>	<p>13</p> <p>Ham Salad Sandwich Onion Bun Potato Salad Ambrosia</p>	<p>14</p> <p>Braised Beef Over Rice Cauliflower Grapes</p>	<p>15</p> <p>Hot Dog Potato Wedges Coleslaw Applesauce</p>
<p>18</p> <p>Lemon Cod Creamed Potatoes Mixed Vegetables Wheatberry Bread Fruit Cocktail</p>	<p>19</p> <p>Chicken Stew Over Biscuits Prince Charles Vegetable Michigan Blend Fruit</p>	<p>20</p> <p>Taco Salad w/Beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Cantaloupe</p>	<p>21</p> <p>Turkey Rice Casserole Beets Peaches</p>	<p>22</p> <p>Beef and Noodles Baked Squash Wheat Roll Fresh Fruit Salad</p>
<p>25</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Brussel Sprouts Cherries</p>	<p>26</p> <p>Vegetable Lasagna Winter Blend Vegetable Seven Grain Bread Raisins</p>	<p>27</p> <p>Mushroom Steak Mashed Potatoes w/Gravy Tomatoes and Zucchini Peach Cobbler</p>	<p>28</p> <p>Boiled Dinner Sausage, Cabbage Potatoes, Carrots Pears</p>	<p>29</p> <p>Fruited Chicken Salad On a Bed of Lettuce Bow Tie Pasta Hawaiian Roll Watermelon</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:

Dr. Chapel, RDN, COCES

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