

OCTOBER | 2022

Lenawee Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chipped Beef Baked Potato Beets Raspberry Sherbet	4 Salmon Rice Pilaf Zucchini Pears	5 BLT Sandwich Couscous Salad Grapes	6 Ham Sweet Potatoes Key West Vegetable Pineapple and Papaya	7 Chicken Tetrzzini Kyoto Vegetable Potato Roll Applesauce
10 Mostaccioli Green Beans Breadstick Strawberry/Peach Yogurt	11 Broccoli Stuffed Chicken Scalloped Potatoes Carrots Tropical Fruit	12 Cheese Burger Deluxe Corn Cucumber Salad Raisins	13 Pork Chop Mashed Potatoes w/Gravy Peas Sliced Apples	14 Meatloaf Cheesy Potatoes Winter Blend Vegetable Strawberry Jell-O
17 Cabbage Rolls Wax Beans Biscuits Mandarin Oranges	18 Sweet and Sour Pork Brown Rice Oriental Blend Vegetable Prune Juice	19 Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Fruit Cocktail	20 Chicken Enchiladas Mexican Rice Refried Beans Papaya and Mango	21 Braised Beef over Noodles European Blend Vegetable Cherry/Blue Raspberry Sorbet
24 Baked Chicken Rissole Potatoes Venetian Blend Vegetable Cinnamon Applesauce	25 Swedish Meatballs Over Noodles Baby Carrots Ambrosia	26 Fish Sandwich Tomatoes and Zucchini Coleslaw Banana	27 Egg Casserole Hash Browns Asparagus Orange Juice	28 Pepper Steak Mashed Potatoes Brussel Sprouts Fruited Jell-O
31 Goulash Midori Blend Vegetable Sliced Apples Devil's Food Cupcake	1 Chicken Tenders Sweet Potato Tots Spinach Peaches	2 Polish Sausage w/ Sauerkraut Baked Beans Cherry/Lemon Slushy	3 Pork Pot Stickers Fried Rice Broccoli Raspberry/Cherry Yogurt	4 Chili Topped Potato Capri Blend Vegetable Grapes

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:

DACapril, RDN, COCES

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