



DECEMBER | 2022

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Tilapia Garden Blend Rice Key West Vegetables Pears	29 Pork Chop Scalloped Potatoes Beets Strawberry/Mango Slushy	30 Chicken Sandwich w/Cheese, Lettuce & Tomato Italian Blend Vegetable Mixed Fruit	1 Stuffed Pepper Scandinavian Vegetable Blend Bread Sticks Grape Juice	2 Salisbury Steak Mashed Potatoes Baby Carrots Sliced Apples
5 Tahitian Chicken Wild Rice Asian Blend Vegetable Raspberry Sherbet	6 Taco Salad w/Beef Tomato, Lettuce, Beans, Cheese Tortilla Chips Papaya and Mango	7 Polish Sausage w/Sauerkraut Whole Grain Bun Succotash Strawberry Jell-O	8 Meatloaf Cheesy Potatoes Peas and Onion Fruit Yogurt	9 Chicken Cordon Bleu Rice Pilaf Brussel Sprouts Orange/Pineapple Sorbet
12 Calico Beans Normandy Blend Vegetable Multigrain Roll Mixed Fruit	13 Pork Ribbettes Rissole Potato Capri Blend Vegetable Prune Juice	14 Chicken Stew Biscuit Baked Squash Peaches	15 Roast Beef Mashed Potatoes w/Gravy Green Beans Broccoli Salad Dinner Roll Cherry Dessert	16 Fish Sticks Potato Wedges Spinach Fruit Yogurt
19 Swedish Meatballs Over Noodles Zucchini Grapes	20 Tuscan Sausage Pasta Far East Blend Vegetable Orange Jell-O	21 Salmon Parsley Potatoes Prince Charles Vegetable Pineapple	22 Cheese Burger Deluxe Tater Tots Mixed Vegetable Cinnamon Applesauce	23 CHRISTMAS EVE OBSERVED ALL SENIOR CENTERS CLOSED
26 CHRISTMAS DAY OBSERVED ALL SENIOR CENTERS CLOSED	27 Italian Lasagna Broccoli Corn Bread Pears	28 Beef, Bean and Cheese Burrito Spanish Rice Corn w/Black Beans Applesauce	29 French Toast Bake Sausage Links Stewed Tomatoes Orange Juice	30 NEW YEAR'S EVE 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:

DA Chapel, RDN, COCES