



# FEBRUARY | 2023

## Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Smothered Chicken Rosemary Potato Capri Blend Vegetable Cinnamon Applesauce	<b>31</b> Spaghetti w/Meat Sauce Italian Blend Vegetable Wheat Roll Peaches	<b>1</b> Cornmeal Catfish Wild Rice Peas & Carrots Orange Sherbet	<b>2</b> Ham Sweet Potatoes Winter Blend Vegetable Pears	<b>3</b> Beef Stroganoff Baked Squash Sourdough Roll Cherry Yogurt
<b>6</b> BBQ Pulled Chicken Brioche Bun Carrots Mixed Fruit	<b>7</b> Beef Fajitas Mexican Rice Roasted Corn Grapes	<b>8</b> Mini Corn Dogs Macaroni and Cheese Zucchini Raspberry Sherbet	<b>9</b> Filipino Pancit w/ Chicken Stir Fry Vegetable Rye Bread Grape Juice	<b>10</b> Chili Topped Potato Yellow Squash Papaya and Mango
<b>13</b> Turkey Tetrazzini Green Beans Peach Yogurt	<b>14</b> Mushroom Steak Red Skin Potatoes Malibu Blend Vegetable Multigrain Rolls Red Velvet Cake	<b>15</b> Chicken Kiev Garden Rice Far East Vegetable Tropical Fruit	<b>16</b> Liver and Onions Mashed Potatoes w/Gravy Peas Pineapple	<b>17</b> Gyro Sandwich Tomatoes and Zucchini Greek Pasta Salad Strawberry/Kiwi Slushy
<b>20</b> PRESIDENT'S DAY  All Senior centers Closed	<b>21</b> Goulash Cauliflower Texas Toast Mandarin Orange Jell-O	<b>22</b> English Battered Cod Rice Pilaf Spinach Cherries	<b>23</b> Baked Chicken Cheesy Potatoes Beets Papaya and Pineapple	<b>24</b> Cheese Pizza Asparagus Side Salad Sliced Apples
<b>27</b> Sloppy Joe Paco Blend Vegetable Mandarin Oranges	<b>28</b> Veal Cutlet Mashed Potatoes w/Gravy Stewed Tomatoes Mixed Fruit	<b>1</b> Sweet and Sour Pork Brown Rice Oriental Vegetable Raisins Fortune Cookie	<b>2</b> Tahitian Chicken Asian Rice Midori Blend Vegetable Strawberry Yogurt	<b>3</b> Roasted Vegetable Lasagna Italian Green Beans Breadsticks Prune Juice

**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:**

*D. K. Royal, RDN, COCES*