



MARCH | 2023

Lenawee Department on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Sloppy Joe Paco Blend Vegetable Mandarin Oranges	28 Veal Cutlet Mashed Potatoes w/Gravy Stewed Tomatoes Mixed Fruit	1 Sweet and Sour Pork Brown Rice Oriental Vegetable Raisins Fortune Cookie	2 Tahitian Chicken Asian Rice Midori Blend Vegetable Strawberry Yogurt	3 Roasted Vegetable Lasagna Italian Green Beans Breadsticks Prune Juice
6 Cabbage Rolls Au Gratin Potatoes Broccoli Cherry Yogurt	7 Chicken Alfredo Brussel Sprouts Peaches	8 Potato Crusted Tilapia Wild Rice Key West Vegetable Grain Bread Cinnamon Applesauce	9 Cheeseburger Deluxe Potato Wedges Cucumber Salad Grapes	10 Bean and Cheese Chalupa w/Lettuce and Tomato Spanish Rice Carrots Papaya and Mango
13 Beef Stew Biscuit Lima Beans Pears	14 Chicken Cordon Bleu Potato Medley Far East Vegetable Bananas	15 Breakfast Casserole Hash Browns Tomato and Zucchini Orange Juice	16 Corned Beef, Cabbage Red Skin Potato Baby Carrots Rye Roll Fruited Lime Jell-O Cookie	17 Cheese Tortellini Wax Beans Wheat Roll Strawberry Yogurt
20 Meatloaf Cheesy Potatoes Peas and Onion Pineapple	21 Chicken and Dumplings Scandinavian Blend Vegetable Mandarin Orange Jell-O	22 Pulled Pork Sandwich Rissolle Potato Prince Charles Vegetable Sliced Apples	23 Salisbury Steak Mashed Potatoes Spinach Blue Raspberry/Lemon Slushy	24 Macaroni & Cheese Italian Blend Vegetable Tropical Fruit
27 Chicken Tenders Tater Tots Normandy Blend Vegetable Mixed Fruit	28 Pork Loin Mashed Potatoes w/Gravy Beets Fresh Melon	29 Hot Dog Baked Beans Coleslaw Papaya and Pineapple	30 Braised Beef Over Noodles Kyoto Blend Vegetable Sourdough Roll Grape Juice	31 Salmon Asian Rice Asparagus Raspberry Sherbet

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

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