

OCTOBER | 2023

Lenawee Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cabbage Rolls Wax Beans Biscuits Mandarin Oranges	3 Cheese Burger Deluxe Corn Cucumber Salad Raisins	4 Broccoli Stuffed Chicken Scalloped Potatoes Kyoto Blend Vegetable Tropical Fruit	5 Ham Sweet Potatoes Key West Vegetable Pineapple and Papaya	6 Chicken Tetrizzini Carrots Potato Roll Applesauce
9 Mostaccioli Green Beans Breadstick Strawberry/Peach Yogurt	10 Salmon Rice Pilaf Zucchini Pears	11 BLT Sandwich Couscous Salad Grapes	12 Sweet and Sour Pork Brown Rice Oriental Blend Vegetable Prune Juice	13 Pepper Steak Mashed Potatoes Brussel Sprouts Cherry/Lemon Slushy
16 Chipped Beef Baked Potato Beets Mandarin Orange Jell-O	17 BBQ Pork Sandwich Roasted Root Vegetable Raspberry/Cherry Yogurt	18 Country Fried Steak Mashed Potatoes w/Gravy Baked Squash Mixed Fruit	19 Chicken Enchiladas Mexican Rice Refried Beans Papaya and Mango	20 Braised Beef over Noodles European Blend Vegetable Strawberry/Kiwi Sorbet
23 Ground Turkey Sweet Potato Bake Scandinavian Vegetable Cinnamon Applesauce	24 Swedish Meatballs Over Noodles Baby Carrots Raisins	25 Fish Sandwich Tomatoes and Zucchini Coleslaw Strawberry/Banana Yogurt	26 Chef Salad Garlic Breadstick Ambrosia	27 Egg Casserole Hash Browns Asparagus Orange Juice
30 Pork Chop Mashed Potatoes w/Gravy Peas Tropical Fruit	31 Goulash Midori Blend Vegetable Sliced Apples Devil's Food Cupcake	1 Chicken Chunks Potato Wedges Spinach Peaches	2 Polish Sausage w/ Sauerkraut Baked Beans Pineapple/Orange Slushy	3 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:

DAC, RDW, COCES

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