

MARCH 2026 MENU

Lenawee Department on Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Beef Stew	17g	Pork Loin	0g	Chef Salad	15g	Chicken Tenders	19g	Vegetarian Chili	31g
Biscuit	27g	Mashed Potatoes	15g	Garlic Bread Sticks	26g	Tator Tots	19g	Italian Green Beans	3g
Scandinavian		w/ gravy	4g	Cherries	16g	Prince Charles		Corn Bread	26g
Vegetable	7g	Beets	8g			Vegetables	6g	Pineapple	15g
Pears	15g	Mixed Fruit	15g			Strawberry Yogurt	21g		
9		10		11		12		13	
Chicken Alfredo	18g	Stuffed Peppers	18g	Salmon	1g	Corned Beef	0g	Bean /Cheese Burrito	40g
Broccoli	0g	AuGratin Potatoes	22g	Rice Pilaf	25g	Cabbage	4g	Lettuce & Tomato	0g
Peaches	14g	Capri Blend Vegetable	5g	Mixed Vegetable	10g	Redskin Potato	26g	Spanish Rice	25g
		Cherry Yogurt	12g	Mandarin Oranges	15g	Baby Carrots	8g	Zucchini	2g
						Rye Roll	24g	Papaya and Mango	15g
						Lime gelatin	0g		
						Pears	18g		
16		17		18		19		20	
Salisbury Steak	5g	Goulash	41g	Smothered Chicken	10g	BLT Sandwich	35g	Cheese Tortellini	48g
Mashed Potatoes	15g	Green Beans	0g	Rosemary Potatoes	20g	Loaded Potato Salad	17g	Midori Blend Vegetable	7g
w/Gravy	4g	Mandarin Orange		Brussel Sprouts	8g	Raspberries	17g	Multigrain Sourdough	
Spinach	0g	Gelatin	24g	Cinnamon Applesauce	13g			Bread	11g
Tropical Fruit	15g							Peach Yogurt	9g
23		24		25		26		27	
Polish Sausage	0g	Chicken Parmesan	56	Tuna Salad	19g	Breakfast Casserole	21g	Macaroni & Cheese	31g
Bun	21g	Cauliflower	5g	On Bed of Lettuce	0g	Hash Browns	12g	Stewed Tomatoes	8g
Sauerkraut	0g	Peaches	14g	Three Bean Salad	19g	Asparagus	0g	Far East Vegetables	6g
Baked Beans	30g			Grain Bread	12g	Orange Juice	15g	Tropical Fruit	15g
Papaya and Pineapple	15g			Blueberries	16g				
30		31		1		2		3	
Alamandine Fish	7g	Beef Fajitas	19g	Cheese Burger Deluxe	8g	Turkey Tetrizzini	29g	Good Friday	
Scalloped Potatoes	22g	Corn	17g	w/bun	28g	Caribbean Blend		ALL SENIOR CENTERS	
Collard Greens	4g	Zucchini	2g	Sweet Potato Tots	23g	Vegetables	6g	CLOSED	
Pineapple	15g	Applesauce	14g	Peas & Carrots	10g	Pears	15g		
				Stawberry Gelatin	3g				

Suggested Donation is \$4.00 for anyone age 60 and older. There is a \$5.00 charge for those under age 60 who participate in site meals

To cancel meals or make changes to your Home Delivered Meal pattern, call 264-5280. Please call at least 24 hours in advance when you will not be home to accept your meal.

Milk is offered with the meal, 12g carbohydrates. All other carbohydrates are noted on the menu for each item. Due to product availability, menu is subject to change.

To reach the Department on Aging office please call 264-5280

Certified
by: Sarah Pollack,
RDN, CDCES