

TRI-COUNTY OFFICE ON AGING NUTRITION DEPARTMENT
 GREATER LANSING MEALS ON WHEELS
 5303 S. CEDAR ST., BLDG 1, LANSING, MI 48911 517-887-1460

July 2018

Hot Meal Program Menu

If you prefer to take the optional entrée, please notify us at least one week in advance

Optional	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entree	2	3	4	5	6
Turkey Medallions	Chicken Stew Peas Biscuit Lemon Cookie Orange Skim Milk	Glazed Pork Loin Mashed Potatoes Brussel Sprouts Texas Toast Banana Skim Milk	CLOSED - INDEPENDENCE DAY	Roast Beef Baked Potato Broccoli Wheat Bread Orange Skim Milk	Seasoned Tilapia Stewed Tomatoes Brown Rice Tossed Salad Dinner Roll Applesauce Skim Milk
	9	10	11	12	13
Rosemary Chicken	Turkey Pattie Mashed Potatoes Glazed Carrots Dinner Roll Apple Skim Milk	Spanish Rice Green Beans Broccoli Wheat Bread Fruited Gelatin Skim Milk	Soft Shell Tacos Ground Beef/Cheese Lettuce/Tomato/Onion Beans and Rice Orange Skim Milk	Meatloaf Mashed Potatoes Carrots Whole Grain Roll Tossed Salad Banana Skim Milk	Seasoned Fish Fillet Buttered Corn Peas Wheat Bread Pineapple Tidbits Skim Milk
	16	17	18	19	20
Roast Turkey	Swedish Meatballs Peas Biscuit Oatmeal Cookie Pear Skim Milk	Chicken Parmesan Spaghetti Noodles Wax Beans Tossed Salad Apple Skim Milk	Slow Roasted Pork Loin Mashed Potatoes Corn O'brien Rye Bread w/butter Orange Skim Milk	Salmon Pattie Rice Pilaf Stewed Tomatoes Spinach Salad Wheat Bread Banana Skim Milk	Baked Spaghetti (meatless) Green Beans Glazed Carrots Garlic Breadstick Grapes Skim Milk

Menu is subject to change. Margarine is served with bread when served alone. Skim milk is offered with every meal. *(You may choose to opt out.)*

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	23	24	25	26	27
Baked Chicken	Rosemary Turkey Mashed Potatoes Peas Dinner Roll Orange Skim Milk	Honey Glazed Ham Sweet Potatoes Green Beans Whole Grain Roll Mandarin Orange Skim Milk	Beef Fajita Sautéed Peppers & Onions Beans and Rice Whole Wheat Tortilla Pear Skim Milk	Pork Medallion Scalloped Potatoes Brussel Sprouts w/ Red Peppers Yeast roll w/butter Apple Skim Milk	Vegetable Lasagna Broccoli Carrots Wheat Bread Banana Skim Milk
	30	31			
Smoked Turkey Breast	BBQ Chicken Mashed Potatoes Green Beans Texas Toast w/butter Orange Skim Milk	Goulash Carrots Tossed Salad Mini Breadstick Apple Skim Milk			

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