

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

Optional	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entree	03	04	05	06	07
Smoked Turkey Breast	BBQ Chicken mashed potatoes green beans wg dinner roll apple skim milk	Pork Chop bake potato broccoli wheat bread pear skim milk	Vegetarian Chili carrots tossed salad mini breadstick apple skim milk	Meatloaf mashed potatoes spinach dinner roll banana skim milk	Tuna Noodle Casserole green peas wax beans grapes skim milk
	10	11	12	13	14
Chicken Picatta	Beef Pot Roast new potato petite carrots wg yeast roll pineapple tidbits skim milk	Lemon Pepper Cod scalloped potatoes stewed tomatoes corn muffin grapes skim milk	Savory Turkey brown rice peas tossed salad orange skim milk	Honey Glazed Ham mashed potatoes green beans Texas toast strawberry applesauce skim milk	Chicken Alfredo linguine pasta broccoli fresh petite carrots wg dinner roll banana skim milk
	17	18	19	20	21
Pork Loin	Chicken Stew green beans wg biscuit Orange skim milk	Turkey Medallions mashed potatoes brussel sprouts Texas toast banana skim milk	Macaroni and Cheese carrots edamame applesauce skim milk	Seasoned Tilapia brown rice stewed tomatoes cucumber slices apple skim milk	Stuffed Green Pepper cauliflower broccoli garlic bread apple 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.)

WG = Whole Grain

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

# December 2018

## Hot Meal Program Menu

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	24	25	26	27	28
Rosemary Chicken	Agency Closed Happy Holidays!	Agency Closed Happy Holidays!	Baked Ham sweet potatoes spinach wg bread mandarin oranges skim milk	Meatloaf mashed potatoes broccoli wg roll banana skim milk	Lemon Pepper Cod wild rice peas wg bread pineapple tidbits skim milk

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