

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

Optional	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entree					
Roast Turkey	12/31 New Year's Even Agency Closed	1 New Year's Day Agency Closed	2 Baked Spaghetti broccoli wax beans peaches skim milk	3 Seasoned Tilapia brown rice harvard beets spinach salad banana skim milk	4 Macaroni & Cheese green beans cauliflower grapes skim milk
Baked Chicken	7 Seasoned Cod Filet wild rice spinach carrots pineapple skim milk	8 Rosemary Turkey edamame beets wg bread mandarin orange skim milk	9 Sloppy Joe on whole wheat bun coleslaw green beans pear skim milk	10 Pork Medallion scalloped potato brussel sprouts wg roll apple skim milk	11 Vegetable Lasagna broccoli stewed tomatoes wg bread banana skim milk
Smoked Turkey Breast	14 Coconut Chicken wild rice vegetable blend snow peas tropical fruit skim milk	15 Five Bean Chili okra tossed salad cornbread mandarin oranges skim milk	16 Pork Medallions scalloped potatoes broccoli wg bread Pear skim milk	17 Baked Chicken Spanish rice green beans coleslaw banana skim milk	18 Meatloaf mashed potatoes yellow squash w/red pepper 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.)

WG = Whole Grain

TRI-COUNTY OFFICE ON AGING NUTRITION DEPARTMENT  
 GREATER LANSING MEALS ON WHEELS  
 5303 S. CEDAR ST., BLDG 1, LANSING, MI 48911 517-887-1460  
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**January 2019**  
**Hot Meal Program Menu**

	21	22	23	24	25
Chicken Picatta	Martin Luther King Day Agency Closed	Savory Turkey mashed potatoes snow peas wg bread peaches skim milk	Lemon Pepper Cod scalloped potatoes tossed salad corn muffin Grapes skim milk	Honey Glazed Ham sweet potatoes green beans wg bread strawberry applesauce skim milk	Pasta Primavera w/cheese broccoli beets banana skim milk
Turkey Medallions	28 Chicken Stew carrots wg biscuit pineapple skim milk	29 Roast Beef mashed potatoes brussel sprouts wg bread banana skim milk	30 Lasagna green beans tossed salad garlic bread sticks mandarin oranges skim milk	31 Breaded Catfish baked potato broccoli wg bread grapes skim milk	2/1 Hamburger on Bun baked beans coleslaw applesauce skim milk

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