

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

February 2019

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					1
Turkey Medallions					Hamburger on a Bun baked beans coleslaw applesauce skim milk
	4	5	6	7	8
Rosemary Chicken	Savory Turkey sweet potatoes green beans dinner roll pineapple skim milk	Stuffed Green Pepper wax beans wheat bread strawberry applesauce skim milk	Soft Shell Tacos ground beef/cheese lettuce/tomato/onion beans and rice tropical fruit skim milk	Pork Loin mashed potatoes carrots wg roll banana skim milk	Lemon Pepper Cod rutabaga peas wheat bread mandarin oranges skim milk
	11	12	13	14	15
Roast Turkey	Beef Stew biscuit green beans pear skim milk	Chicken Parmesan spaghetti noodles wax beans tossed salad peaches skim milk	Slow Roasted Pork Loin mashed potatoes beets wg bread mandarin oranges skim milk	Seasoned Tilapia rice pilaf stewed tomatoes spinach salad banana skim milk	Macaroni & cheese green beans glazed carrots 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

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	18	19	20	21	22
Baked Chicken	Presidents Day Agency Closed	Seasoned Cod Filet roasted redskin potatoes harvard beets wg bread mandarin orange skim milk	Sloppy Joe on A wg Bun coleslaw green beans pear skim milk	Pork Medallions scalloped potatoes brussel sprouts wg roll apple skim milk	Vegetable Lasagna broccoli carrots banana skim Milk
	25	26	27	28	3/1
Smoked Turkey Breast	BBQ Chicken potato salad green beans wg bread orange skim milk	Goulash carrots tossed salad apple skim milk	Pork Medallions baked potato broccoli wheat bread pear skim milk	Cheese Omelette hash brown potatoes tomato juice blueberry muffin banana skim milk	Tuna Noodle Casserole broccoli summer squash grapes skim milk

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