

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

March 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
Smoked Turkey Breast					Tuna Noodle Casserole Broccoli Summer Squash Grapes Skim Milk
	4	5	6	7	8
Chicken Picatta	Beef Pot Roast Rutabagas Petite Carrots Yeast Roll Pineapple Tidbits Skim Milk	Savory Turkey Mashed Potatoes Okra Wheat Bread Orange Skim Milk	Lemon Pepper Cod Brown Stewed Tomatoes Tossed Salad Grapes Skim Milk	Honey Glazed Ham Sweet Potatoes Green Beans Texas Toast Strawberry Applesauce Skim Milk	Pasta Alfredo w/ Linguine Pasta Broccoli Mixed Peppers Banana Skim Milk
	11	12	13	14	15
Turkey Medallions	Chicken Stew Carrots Biscuit Skim Milk	Glazed Pork Loin Mashed Potatoes Brussel Sprouts Texas Toast Banana Skim Milk	Hamburger on a Bun Rosemary Potatoes Fresh Carrots Pineapple Skim Milk	Lemon Pepper Cod Baked Potato Broccoli Wheat Bread Orange Skim Milk	Corned Beef w/ Cabbage & Carrots New Potatoes Dinner Roll Applesauce 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
Rosemary Chicken	Chili Green Beans Glazed Carrots Crackers Mixed Fruit Skim Milk	Stuffed Green Pepper Baked Potato Wax Beans Wheat Bread Strawberry Applesauce Skim Milk	Soft Shell Taco Ground Beef/Cheese Lettuce/Tomato/Onion Beans and Rice Orange Skim Milk	Meatloaf Mashed Potatoes Carrots WG Bread Banana Skim Milk	Lemon Pepper Cod Sweet Corn Okra Wheat Bread Pineapple Tidbits Skim Milk
	25	26	27	28	29
Roast Turkey	Chicken Fried Steak Mashed Potatoes Broccoli WG Bread Pear Skim Milk	Chicken Parmesan Spaghetti Noodles Wax Beans Tossed Salad Apple Skim Milk	Slow Roasted Pork Loin Mashed Potatoes Spinach WG Bread Orange Skim Milk	Seasoned Tilapia Rice Pilaf Edamame Petite Carrots Banana Skim Milk	Macaroni & Cheese Green Beans Stewed Tomatoes Grapes Skim Milk

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