

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	2	3	4	5
Baked Chicken	Rosemary Turkey Sweet Potatoes Brussel Sprouts Dinner Roll Peaches Skim Milk	Salmon Pattie Wild Rice Creamed Peas Tossed Salad Mandarin Orange Skim Milk	Beef Fajitas w/wg tortilla Red Beans and Rice Pepper Strips Orange Skim Milk	Pork Medallions Scalloped Potatoes Okra WG Roll Apple Skim Milk	Vegetable Lasagna Broccoli Carrots WG Bread Banana Skim Milk
	8	9	10	11	12
Smoked Turkey Breast	Tandoori Chicken Brown Rice Green Beans Fresh Carrots Pears Skim Milk	Pork Loin Carrots Tossed Salad WG Roll Apple Skim Milk	Meatloaf Baked Potato Broccoli WG Bread Pear Skim Milk	Stuffed Cabbage Cauliflower Summer Squash WG Roll Banana Skim Milk	Tuna Noodle Casserole Beets Lima Beans Skim Milk
	15	16	17	18	19
Chicken Picatta	Swiss Oven Bake Mashed Potatoes Petite Carrots WG Rolls Pineapple Tidbits Skim Milk	Turkey Stew WG Biscuit Tossed Salad Orange Skim Milk	Crunchy Pollock Corn Stewed Tomatoes WG Bread Grapes Skim Milk	Pork Stir- Fry Brown Rice Vegetable Spring Roll Strawberry Applesauce Skim Milk	Agency Closed

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

April 2019

Hot Meal Program Menu

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	22	23	24	25	26
Turkey Medallions	Glazed Pork Loin Mashed Potatoes Spinach WG Bread Mixed Fruit Skim Milk	Shepard's Pie Carrots Tossed Salad WG Roll Banana Skim Milk	Hamburger on A Bun Rosemary Potatoes Green Beans Raisins Skim Milk	Breaded Catfish Baked Potato Broccoli Wheat Bread Orange Skim Milk	Macaroni and Cheese Okra Stewed Tomatoes Applesauce Skim Milk
	29	30			
Turkey Pattie	Baked Chicken Mashed Potatoes Broccoli Dinner Roll Apple Skim Milk	Salisbury Steak Baked Potato Wax Beans Wheat Bread Pineapple Skim Milk			

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