

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

May 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	2	3
Turkey Patty			Soft Shell Tacos Ground Beef & Cheese Lettuce/Tomato/Onion Beans & Rice Mandarin Oranges Skim Milk	Baked Ham Sweet Potatoes Brussel Sprouts WG Bread Banana Skim Milk	Chili Carrots Green Beans WG Cornbread Grapes Skim Milk
	6	7	8	9	10
Roast Turkey	Tuna Noodle Casserole Wax Beans Broccoli Breadstick Peaches Skim Milk	Roast Beef Carrots Potatoes WG Roll Pineapple Skim Milk	Bratwurst on WG Bun Sauerkraut Tossed Salad Orange Skim Milk	Chicken & Dumplings Vegetable Medley Cauliflower Tropical Fruit Skim Milk	Ham Scalloped Potatoes Spinach WG Roll Strawberry Applesauce Skim Milk
	13	14	15	16	17
Baked Chicken	Liver & Onions w/bacon Mashed Potatoes Green Beans WG Roll Peaches Skim Milk	Crunchy Pollock Peas Coleslaw WG Bread Grapes Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Salad Fruited Gelatin Skim Milk	Swiss Oven Bake Mashed Potatoes Carrots WG Roll Apple Skim Milk	Chicken Stew WG Biscuit Edamame Pears 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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	20	21	22	23	24
Smoked Turkey Breast	Honey Glazed Ham Sweet Potatoes French Style Green Beans WG Roll Peaches Skim Milk	Beef Fajitas WG Tortilla Black Beans Peppers & Onions Orange Skim Milk	Tandoori Chicken Brown Rice Carrots Stewed Tomatoes Pear Skim Milk	Baked Spaghetti Wax Beans Zucchini Garlic Toast Applesauce Skim Milk	Salmon Loaf Creamed Peas Cauliflower WG Bread Pineapple Skim Milk
	27	28	29	30	31
Chicken Picatta	Memorial Day Agency Closed	Beef Enchiladas Spanish Rice Tomato Salad Corn Chips Mandarin Oranges Skim Milk	Shepard's Pie Carrots Tossed Salad Rye Bread Fruited Gelatin Skim Milk	Roast Turkey Stuffing Green Beans Sweet Potatoes Applesauce Skim Milk	Cheese Omelette Hash Brown Potatoes Sautéed Pepper Strips WG Bread Banana Skim Milk

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