

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

June 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	3	4	5	6	7
Turkey Medallions	Salisbury Steak Mashed Potatoes Wax Beans WG Rolls Pears Skim Milk	Pork Stir-Fry Rice Edamame Grapes Skim Milk	Hamburger on a Bun Rosemary Potatoes Fresh Carrots Peaches Skim Milk	Baked Ham Sweet Potatoes Brussel Sprouts WG Roll Banana Skim Milk	Macaroni & Cheese Green Beans Stewed Tomatoes Dinner Roll Applesauce Skim Milk
	10	11	12	13	14
Rosemary Chicken	Turkey Pattie Broccoli Glazed Carrots WG Roll Applesauce Skim Milk	Cheese Omelette Seasoned Potatoes Stewed Tomatoes WG Bread Mixed Fruit Skim Milk	Soft Shell Tacos Ground Beef/Cheese Lettuce/Tomato/Onion Beans and Rice Orange Skim Milk	Meatloaf Spinach Carrots WG Roll Banana Skim Milk	Baked Whitefish Buttered Corn Green Beans Wheat Bread Pineapple Tidbits Skim Milk
	17	18	19	20	21
Roast Turkey	Beef Stew Biscuit Wax Beans Fresh Carrots Pear Skim Milk	Chicken Parmesan Spaghetti Noodles Broccoli Tossed Salad Apple Skim Milk	Slow Roasted Pork Loin Mashed Potatoes Green Beans WG Bread Peaches Skim Milk	Salmon Pattie Rice Pilaf Spinach Salad Banana Skim Milk	Baked Spaghetti w/meat Green Beans Glazed Carrots WG Breadstick 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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	24	25	26	27	28
Turkey Pattie	Honey Glazed Ham French Style Green Beans Sweet Potatoes WG Roll Peaches Skim Milk	Beef Fajitas Black Beans Pepper/Onions WG Tortilla Fresh Orange Skim Milk	Tandoori Chicken Brown Rice Stewed Tomatoes Carrots Pears Skim Milk	Bratwurst on Sauerkraut Tossed Salad Mandarin Oranges Skim Milk	Vegetable Lasagna Broccoli Carrots Wheat Bread Banana Skim

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