

# September 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	9/2	9/3	9/4	9/5	9/6
Rosemary Chicken	Labor Day Agency Closed	Stuffed Green Pepper Brown Rice Cabbage Wheat Bread Strawberry Applesauce Skim Milk	Soft Shell Tacos (Ground Turkey) Lettuce, Tomato Onion & Cheese Beans & Rice Orange Skim Milk	Meatloaf Mashed Potatoes Broccoli WG Bread Pineapple Skim Milk	Lemon Pepper Cod Buttered Corn Spinach Wheat Bread Peaches Skim Milk
	9/9	9/10	9/11	9/12	9/13
Roast Turkey	Beef Stroganoff WG Noodles Green Beans Fresh Carrots Pear Skim Milk	Baked Chicken Wild Rice Broccoli Tossed Salad Tropical Fruit Skim Milk	Cheese Omelette French Toast Sticks Onions and Peppers Tomato Juice Pineapple Skim Milk	Wet Burrito Spanish Rice Black Beans Tossed Salad Melon Skim Milk	Beef Tomato Mac Green Beans Fresh Carrots WG Bread Grapes Skim Milk
	9/16	9/17	9/18	9/19	9/20
Baked Chicken	Rosemary Turkey Mashed Potatoes Spinach Carrots Applesauce Skim Milk	Seasoned Whitefish Roasted Red Skin Potatoes Harvard Beets WG Bread Mandarin Orange Skim Milk	BBQ Beef on WG Bun Potato Salad Three Bean Salad Pears Skim Milk	Baked Ham Sweet Potatoes Brussel Sprouts Yeast Roll w/ Butter Mixed Fruit Skim Milk	Beef Lasagna Broccoli Carrots Texas Toast Banana 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

TRI-COUNTY OFFICE ON AGING NUTRITION DEPARTMENT  
 GREATER LANSING MEALS ON WHEELS  
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Entree	9/23	9/24	9/25	9/26	9/27
Turkey Breast	Tandoori Chicken Carrots Seasoned Greens WG Pita Wedges Mandarin Oranges Skim Milk	Shepard's Pie Carrots Tossed Salad Mini Breadstick Applesauce Skim Milk	Pork Medallions Baked Potato Broccoli Wheat Bread Pear Skim Milk	Stuffed Cabbage Wild Rice Green Beans WG Roll Banana Skim Milk	Swiss Oven Bake Cauliflower Squash WG Bread Grapes Skim Milk
	9/30				
Chicken Picatta	Beef Pot Roast New Potato Baby Carrots Yeast Roll Pineapple Tidbits Skim Milk				

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