

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 2020

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	3/2	3/3	3/4	3/5	3/6
Turkey Medallions	Salisbury Steak Mashed Potatoes Green Beans WG Roll Pears Skim Milk	Pork Stir-Fry w/Vegetables Pepper Strips Brown Rice Mandarin Orange Skim Milk	Baked Chicken Corn Green Beans WG Rolls Peaches Skim Milk	Baked Ham Scalloped Potatoes Brussel Spouts WG Roll Strawberry Applesauce Skim Milk	Vegetable Lasagna Broccoli Carrots WG Bread Grapes Skim Milk
	3/9	3/10	3/11	3/12	3/13
Baked Fish	Baked Chicken Mashed Potatoes Broccoli WG Roll Mixed Fruit Skim Milk	Shepard's Pie Carrots Tossed Salad WG Bread Apple Skim Milk	Beef Enchiladas Spanish Rice Tomato Salad Pears Skim Milk	Roast Turkey Stuffing Green Beans Sweet Potatoes Mandarin Orange Skim Milk	Cheese Omelet Seasoned Potatoes Sautéed Peppers Bagel w/ Cream Cheese Banana Skim Milk
	3/16	3/17	3/18	3/19	3/20
Roast Turkey	Beef Pot Roast Mashed Potatoes Petite Carrots WG Roll Pineapple Tidbits Skim Milk	Corned Beef New Potatoes Cabbage WG Bread Mandarin Orange Skim Milk	Bratwurst Peppers & Onions Tossed Salad WG Bun Grapes Skim Milk	Chicken & Dumplings Vegetable Medley Spinach WG Roll Strawberry Applesauce Skim Milk	Meatless Chili Wax Beans Broccoli WG Corn Muffin 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

Baked fish served will either be Pollock or Cod

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Entree	3/23	3/24	3/25	3/26	3/27
Turkey Medallions	Chicken Stew Lima Beans WG Biscuit Peaches Skim Milk	Glazed Pork Loin Mashed Potatoes Brussel Sprouts WG Bread Mandarin Oranges Skim Milk	Hamburger On WG Bun Coleslaw Baked Beans Apple Skim Milk	Breaded Catfish Baked Potato Broccoli WG Bread Orange Skim Milk	Macaroni & Cheese Green Beans Stewed Tomatoes WG Roll Applesauce Skim Milk
	3/30	3/31			
Rosemary Chicken	Turkey Medallions Sweet Potatoes Carrots WG Rolls Peaches Skim Milk	Stuffed Green Pepper Baked Potato Wax Beans Strawberry Applesauce Skim Milk			

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