

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

JUNE 2022
Hot Meal Program Menu

****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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
<i>ALTERNATIVE: Baked Chicken</i>				
		Sloppy Joe Hamburger Bun Coleslaw Brussel Sprouts Pineapple	Pork Chops Spinach Salad Sweet Potatoes Wheat Bread Peaches	Vegetable Lasagna Broccoli Carrots Wheat Bread Banana
06	07	08	09	10
<i>ALTERNATIVE: Roast Turkey Breast</i>				
Beef Stew Stewed Vegetables Biscuit Waxed Beans Mandarin Oranges	Baked Fish Peas Broccoli Wheat Roll Diced Pears	Meatloaf Spinach Salad Mashed Potatoes Wheat Bread Pineapple	Macaroni & Cheese Diced Carrots Green Beans Wheat Bread Diced Peaches	BBQ Chicken Breast Cauliflower Tossed Salad Wheat Roll (hot) Escalloped Apples

13	14	15	16	17
<i>ALTERNATIVE: Baked Fish</i>				
Baked Chicken Corn Cauliflower Wheat Bread Applesauce	Cheese Omelet French Toast Sticks Seasoned Potatoes Vegetable Juice Orange	Stuffed Green Pepper Beans Brussel Sprouts Peaches Sugar Cookie	Chicken Breast/Gravy Peas Mashed Potatoes Wheat Roll Pears	BBQ Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits
20	21	22	23	24
<i>ALTERNATIVE: Roast Turkey Breast</i>				
JUNETEENTH	Creamy Chicken Pasta Diced Carrots Mixed Vegetables Applesauce	Baked Fish Spinach Salad Mashed Potatoes Wheat Roll Orange	Baked Ham Green Beans Sweet Potatoes Wheat Roll Pineapple	Macaroni & Cheese Stewed Tomatoes Waxed Beans Wheat Roll Grapes
27	28	29	30	
<i>ALTERNATIVE: Baked Fish</i>				
Pork Loin Corn Peas Wheat Bread Applesauce	Rosemary Turkey Mashed Potatoes Broccoli Wheat Roll Orange	Wet Burrito Beans & Rice Brussel Sprouts Peaches Sugar Cookie	BBQ Chicken Green Beans Mashed Potatoes Wheat Roll Pears	