

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

MAY 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
02	03	04	05	06
<i>ALTERNATIVE: Baked Fish</i>				
Baked Chicken Corn Cauliflower Wheat Bread Applesauce	Sausage Patties French Toast Sticks Seasoned Potatoes Vegetable Juice Orange	Stuffed Green Peppers Brussel Sprouts Tossed Salad Sugar Cookie Peaches	Chicken Breast & Gravy Green Peas Mashed Potatoes Wheat Roll Pears	BBQ Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits
09	10	11	12	13
<i>ALTERNATIVE: Roast Turkey Breast</i>				
Beef Stew Stewed Vegetables Biscuit Waxed Beans Pears	Creamy Chicken Pasta Diced Carrots Tossed Salad Applesauce	Pork Loin Spinach Mashed Potatoes Wheat Bread Orange	Baked Ham Green Beans Sweet Potatoes Wheat Roll Pineapple	Macaroni & Cheese Stewed Tomatoes Waxed Beans Wheat Roll Grapes

16	17	18	19	20
<i>ALTERNATIVE: Baked Fish</i>				
Chicken Patty Corn Peas Wheat Bread Applesauce	Rosemary Turkey Mashed Potatoes Broccoli Wheat Roll Orange	Wet Burrito Beans & Rice Carrot Sticks Peaches Sugar Cookie	BBQ Chicken Green Beans Spinach Salad Wheat Roll Pears	Swedish Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits
23	24	25	26	27
<i>ALTERNATIVE: Cheese Omelet</i>				
Roast Beef Cauliflower Peas Corn Muffin Peaches	Chicken Parmesan Diced Carrots Mixed Vegetables Wheat Bread Applesauce	Rosemary Turkey Mashed Potatoes Broccoli Wheat Roll Orange	Baked Fish Butternut Squash Tossed Salad Wheat Roll Strawberry Applesauce	Baked Spaghetti Italian Green Beans Corn Wheat Bread Mixed Fruit
30	31			
<i>ALTERNATIVE: Baked Chicken</i>				
MEMORIAL DAY	Roast Turkey Butternut Squash Autumn Blend Vegetables Blueberry Muffin Strawberry Applesauce			