

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

October 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
03	04	05	06	07
<i>ALTERNATIVE: Baked Chicken</i>				
Meatloaf Seasoned Potatoes Stewed Tomatoes Dinner Roll Orange	Roast Turkey Butternut Squash Autumn Blend Vegetables Blueberry Muffin Strawberry Applesauce	Sloppy Joe Hamburger Bun Spinach Brussel Sprouts Pineapple	Roast Pork Sweet Potatoes Green Beans Wheat Bread Peaches	Vegetable Lasagna Broccoli Carrots Wheat Bread Banana
10	11	12	13	14
<i>ALTERNATIVE: Roast Turkey Breast</i>				
Beef Stew Stewed Vegetables Wax Beans Biscuit Mandarin Orange	Baked Fish Peas Carrots Dinner Roll Pears	Meatloaf Mashed Potatoes Broccoli Wheat Bread Pineapple	Macaroni and Cheese Green Beans Beets Wheat Bread Peaches	BBQ Chicken Breast Cauliflower Fresh Carrots Dinner Roll Scalloped Apples

17	18	19	20	21
<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 Sugar Cookie Peaches	Chicken Breast & Gravy Mashed Potatoes Green Peas Dinner Roll Pears	BBQ Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits
24	25	26	27	28
<i>ALTERNATIVE: Roast Turkey Breast</i>				
Beef Stew Stewed Vegetables Biscuit Wax Beans Pear	Creamy Chicken Pasta Carrots Mixed Vegetables Applesauce	Roast Beef Mashed Potatoes Spinach Wheat Bread Orange	Baked Ham Sweet Potatoes Green Beans Dinner Roll Pineapple	Macaroni and Cheese Stewed Tomatoes Wax Beans Dinner Roll Grapes
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<i>ALTERNATIVE: Baked Fish</i>				
Baked Ham Sweet Potatoes Green Beans Wheat Bread Applesauce				