

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

NOVEMBER 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	04
<i>ALTERNATIVE: Baked Fish</i>				
	Macaroni & Cheese Carrots Broccoli Roll Orange	Wet Burrito Beans & Rice Brussel Sprouts Sugar Cookie Peaches	BBQ Chicken Green Beans Mashed Potatoes Roll Pears	Swedish Meatballs Mashed Potatoes Mixed Vegetables Bread Pineapple Tidbits
07	08	09	10	11
<i>ALTERNATIVE: Cheese Omelet</i>				
Roast Beef Cauliflower Peas Corn Muffin Peaches	Chicken Parmesan Diced Carrots Mixed Vegetables Bread Applesauce	Pork Chop Mashed Potatoes Broccoli Roll Orange	Baked Fish Butternut Squash Autumn Blend Vegetable Roll Strawberry Applesauce	

14	15	16	17	18
<i>ALTERNATIVE: Baked Chicken</i>				
Meatloaf Seasoned Potatoes Stewed Tomatoes Roll Orange	Baked Ham Butternut Squash Autumn Blend Vegetable Blueberry Muffin Strawberry Applesauce	Sloppy Joe Hamburger Bun Spinach Brussel Sprouts Pineapple	Pork Roast Green Beans Sweet Potatoes Bread Peaches	Macaroni & Cheese Broccoli Carrots Bread Banana
21	22	23	24	25
<i>ALTERNATIVE: Chicken Breast</i>				
Beef Stew Stewed Vegetables Biscuit Wax Beans Mandarin Oranges	Baked Fish Peas & Carrots Vegetable Blend Roll Diced Pears	Turkey w/ Cranberry Sauce Sweet Potatoes Green Bean Casserole Stuffing Pie		
28	29	30		
<i>ALTERNATIVE: Baked Fish</i>				
Baked Chicken Corn Cauliflower Bread Applesauce	Cheese Omelet French Toast Sticks Seasoned Potatoes Vegetable Juice Orange	Baked Ham Sweet Potatoes Brussel Sprouts Sugar Cookie Peaches		