

TRI-COUNTY OFFICE ON AGING NUTRITION DEPARTMENT  
 MEALS ON WHEELS SENIOR MENU 888-224-3030  
 5303 S. CEDAR ST., BLDG. 1, LANSING, MI 48911

**March 2026**  
**Traditional Meal Program Menu**

**\*\*\*Alternate Meal request must be made one week in advance\*\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2/2026	3/3/2026	3/4/2026	3/5/2026	3/6/2026
<i>ALTERNATIVE: Cheese Omelet, Carrots, Seasoned Potatoes</i>				
Beef & Mac Cauliflower Carrots Biscuit Pears Skim Milk	Roast Turkey Sweet Potatoes Green Bean Casserole Dinner Roll Orange Skim Milk	Pork Chop Broccoli Mashed Potatoes Sliced Bread Strawberry Applesauce Skim Milk	Creole Cod New Potatoes Beets Apple Muffin Papaya/Mango Cup Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Sesame Crackers Fresh Apple Skim Milk

3/9/2026	3/10/2026	3/11/2026	3/12/2026	3/13/2026
<i>ALTERNATIVE: Baked Fish, Broccoli, Baked Potato</i>				
Chicken & Dumplings Green Beans Broccoli Dinner Roll Applesauce Skim Milk	Beef Taco Flour Shell/Beef/ Beans Black Beans Spanish Rice Salsa Peaches Skim Milk	Hamburger on Bun Baked Beans Corn Cobette Orange Skim Milk	Cheese Ravioli Spinach Cauliflower Garlic Toast Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Carrots Wax Beans Dinner Roll Papaya/Mango Cup Skim Milk

3/16/2026	3/17/2026	3/18/2026	3/19/2026	3/20/2026
<i>ALTERNATIVE: Roast Turkey, Green Beans, Mashed Potatoes</i>				
Roast Beef Mashed Potatoes Carrots Dinner Roll Peaches Skim Milk	Corned Beef Cabbage/Carrots New Potatoes Sour Dough Bread Applesauce Skim Milk	Shepards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Chicken Stir Fry Baby Corn Fried Rice Fresh Apple Skim Milk	BBQ Pork on Bun Seasoned Potatoes Baked Beans Banana Skim Milk

3/23/2026	3/24/2026	3/25/2026	3/26/2026	3/27/2026
<i>ALTERNATIVE: Baked Chicken, Mashed Potatoes, Lima Beans</i>				
Meatloaf Mashed Potatoes Peas Dinner Roll Pears Skim Milk	Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Plums Skim Milk	Sloppy Joe on Bun Carrots Baked Beans Pineapple Skim Milk	Pork Roast Broccoli Spinach Dinner Roll Fresh Apple Skim Milk	Vegetable Lasagna Summer Squash Stewed Tomatoes Garlic Breadstick Fresh Orange Skim Milk

3/30/2026	3/31/2026			
<i>ALTERNATIVE: Pork Chop, Mashed Potatoes, Okra</i>				
Beef Stew Stew Vegetables Green Beans Biscuit Fresh Orange Skim Milk	Baked Fish Broccoli Couscous Tomato Juice Pears Skim Milk			