

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

April 2026
Traditional Meal Program Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4/1/2026	4/2/2026	4/3/2026
<i>ALTERNATIVE: Pork Chop, Mashed Potatoes, Okra</i>				
		Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Carrots Baked Beans Peaches Skim Milk	Agency Closed

4/6/2026	4/7/2026	4/8/2026	4/9/2026	4/10/2026
<i>ALTERNATIVE: Roast Turkey, Sweet Potatoes, Cauliflower</i>				
Baked Chicken Spinach Baked Potato Corn Muffin Applesauce Skim Milk	Salmon Patty Peas Mashed Potatoes Dinner Roll Fresh Orange Banana Pudding Skim Milk	Ham/Potato Casserole Brussel Sprouts Cauliflower Blueberry Muffin Papaya/Mango Cup Skim Milk	Sausage Patty Hashbrown Potatoes Pancake Vegetable Juice Pears Skim Milk	Baked Spaghetti Green Beans Broccoli Garlic Bread Stick Fresh Apple Skim Milk

4/13/2026	4/14/2026	4/15/2026	4/16/2026	4/17/2026
<i>ALTERNATIVE: Baked Chicken, Mashed Potatoes, Green Beans</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 Peaches Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Sesame Crackers Pineapple Skim Milk

4/20/2026	4/21/2026	4/22/2026	4/23/2026	4/24/2026
<i>ALTERNATIVE: Baked Fish, Harvard Beets, Cauliflower</i>				
Chicken & Dumplings Harvard Beets Broccoli Applesauce Skim Milk	Beef Burrito Spanish Rice Black Beans Petite Carrots Pears Skim Milk	Hamburger on Bun Baked Beans Seasoned Potatoes Orange Skim Milk	Cheese Ravioli Spinach Green Beans Garlic Bread Stick Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Carrots Wax Beans Dinner Roll Papaya/Mango Cup Skim Milk

4/27/2026	4/28/2026	4/29/2026	4/30/2026	
<i>ALTERNATIVE: Roast Turkey, Mashed Potatoes, Carrots</i>				
Roast Beef New Potatoes Carrots Dinner Roll Mandarin Oranges Skim Milk	Manicotti Summer Squash Spinach Garlic Toast Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Skim Milk	Chicken Stir Fry Baby Corn Fried Rice Fresh Apple Skim Milk	