

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

**June 2026**  
**Congregate Dining Program**  
**Menu**

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

**\*\*\*\*Menu is subject to change\*\*\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/1/2026	6/2/2026	6/3/2026	6/4/2026	6/5/2026
<i>ALTERNATIVE: Baked Chicken, Mashed Potatoes, Carrots</i>				
Meatloaf Mashed Potatoes Green Beans Dinner Roll Banana Skim Milk	Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe on Bun Coleslaw Potato Salad Pineapple Skim Milk	Pork Roast Broccoli Carrots Wild Rice Fresh Apple Skim Milk	Vegetable Lasagna Summer Squash Collard Greens Garlic Breadstick Fresh Orange Skim Milk

6/8/2026	6/9/2026	6/10/2026	6/11/2026	6/12/2026
<i>ALTERNATIVE: Chicken Breast, Mashed Potatoes, Broccoli</i>				
Beef Stew Stew Vegetables Green Beans Biscuit Fresh Orange Skim Milk	Baked Fish Broccoli Harvard Beets Quinoa Fresh Melon Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Coleslaw Potato Salad Macaroni Salad Banana Skim Milk	Cheese Omelet Seasoned Potatoes French Toast Sticks Vegetable Juice Strawberry Applesauce Skim Milk

6/15/2026	6/16/2026	6/17/2026	6/18/2026	6/19/2026
<i>ALTERNATIVE: Roast Turkey, Sweet Potatoes, Cauliflower</i>				
Baked Chicken Spinach Baked Potato Corn Muffin Applesauce Skim Milk	Salmon Patty Carrots Mashed Potatoes Dinner Roll Fresh Orange Banana Pudding Skim Milk	Baked Ham Brussel Sprouts Scalloped Potatoes Blueberry Muffin Banana Skim Milk	Sausage Patty Hashbrown Potatoes Pancake Vegetable Juice Pears Skim Milk	Agency Closed

6/22/2026	6/23/2026	6/24/2026	6/25/2026	6/26/2026
<i>ALTERNATIVE: Cheese Omelet, Stewed Tomatoes, Seasoned Potatoes</i>				
Beef & Mac Cauliflower Carrots Biscuit Pears Skim Milk	Roast Turkey Sweet Potatoes Green Beans Dinner Roll Orange Skim Milk	Baked Chicken Broccoli Mashed Potatoes Sliced Bread Strawberry Applesauce Skim Milk	Pork Chop Collard Greens Okra Apple Muffin Banana Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Garlic Breadstick Grapes Skim Milk

6/29/2026	6/30/2026			
<i>ALTERNATIVE: Baked Fish, Brussel Sprouts, Green Beans</i>				
Chicken & Dumplings Carrots Broccoli Dinner Roll Applesauce Skim Milk	Beef Taco Corn Shell/Beef/Cheese Lettuce/Tomato/Onion Black Beans Spanish Rice Banana Skim Milk			