

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

June 2026
Traditional Meal Program Menu

*****Alternate Meal request must be made one week 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 Papaya/Mango Cup Skim Milk	Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe on Bun Cabbage & Carrots New Potatoes 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 Blueberry Muffin Peaches Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Cabbage & Carrots New Potatoes Fresh Carrots Pears 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 Pineapple 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 Peaches Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Garlic Breadstick Pineapple 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 Burrito Tortilla/Beef/Cheese Spanish Rice Black Beans Mango/Papaya Cup Skim Milk			