

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

May 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 |
|--|---------|-----------|----------|---|
| | | | | 5/1/2026 |
| <i>ALTERNATIVE: Roast Turkey, Mashed Potatoes, Carrots</i> | | | | |
| | | | | BBQ Pork on Bun Seasoned Potatoes Broccoli Banana Skim Milk |

| 5/4/2026 | 5/5/2026 | 5/6/2026 | 5/7/2026 | 5/8/2026 |
|--|--|--|--|---|
| <i>ALTERNATIVE: Baked Chicken, Mashed Potatoes, Green Beans</i> | | | | |
| Meatloaf Mashed Potatoes Brussel Sprouts Dinner Roll Banana Skim Milk | Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Strawberry Applesauce Skim Milk | Sloppy Joe on Bun Carrots Potato Salad Pineapple Skim Milk | Pork Roast Broccoli Wild Rice Spinach Salad Fresh Apple Skim Milk | Vegetable Lasagna Summer Squash Stewed Tomatoes Garlic Breadstick Fresh Orange Skim Milk |

| 5/11/2026 | 5/12/2026 | 5/13/2026 | 5/14/2026 | 5/15/2026 |
|---|--|---|---|--|
| <i>ALTERNATIVE: Chicken Breast, Peas, Carrots</i> | | | | |
| Beef Stew Stew Vegetables Green Beans Biscuit Fresh Orange Skim Milk | Baked Fish Broccoli Couscous Tossed Salad Fresh Melon Skim Milk | Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk | Hamburger on Bun Macaroni Salad Three Bean Salad Tossed Salad Banana Skim Milk | Cheese Omelet Seasoned Potatoes French Toast Sticks Vegetable Juice Strawberry Applesauce Skim Milk |

| 5/18/2026 | 5/19/2026 | 5/20/2026 | 5/21/2026 | 5/22/2026 |
|--|---|---|--|---|
| <i>ALTERNATIVE: Roast Turkey, Sweet Potatoes, Green Beans</i> | | | | |
| Baked Chicken Spinach Baked Potato Corn Muffin Applesauce Skim Milk | Salmon Patty Peas Mashed Potatoes Dinner Roll Fresh Orange Skim Milk | Baked Ham Scalloped Potatoes Brussel Sprouts Blueberry Muffin Banana Skim Milk | Sausage Patty Hashbrown Potatoes Pancake Tomato Juice Pears Skim Milk | Baked Spaghetti Green Beans Broccoli Garlic Breadstick Fresh Apple Skim Milk |

| 5/25/2026 | 5/26/2026 | 5/27/2026 | 5/28/2026 | 5/29/2026 |
|---|---|--|--|--|
| <i>ALTERNATIVE: Cheese Omelet, Carrots, Seasoned Potatoes</i> | | | | |
| Agency Closed | Roast Turkey Sweet Potatoes Green Beans Dinner Roll Orange Skim Milk | Pork Chop Broccoli Mashed Potatoes Sliced Bread Strawberry Applesauce Skim Milk | Creole Cod New Potatoes Beets Apple Muffin Banana Skim Milk | Macaroni & Cheese Stewed Tomatoes Spinach Sliced Bread Grapes Skim Milk |