

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

May 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
				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 Papaya/Mango Cup Skim Milk	Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe on Bun Carrots Green Beans Pineapple Skim Milk	Pork Roast Broccoli Wild Rice Tomato Juice 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 Vegetable Juice Fresh Apple Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Carrots Hashbrowns Papaya/Mango Cup 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 Peaches Skim Milk	Sausage Patty Hashbrown Potatoes Pancake Tomato Juice Pears Skim Milk	Baked Spaghetti Green Beans Broccoli Garlic Bread Stick 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 Papaya/Mango Cup Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Sliced Bread Pineapple Skim Milk