

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

August 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
8/3/2026	8/4/2026	8/5/2026	8/6/2026	8/7/2026
<i>ALTERNATIVE: Cheese Omelet, Seasoned Potatoes, Stewed Tomatoes</i>				
Beef & Mac Cauliflower Carrots Biscuit Pears Skim Milk	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 Tomato Basil Salad Spinach Grapes Skim Milk

8/10/2026	8/11/2026	8/12/2026	8/13/2026	8/14/2026
<i>ALTERNATIVE: Baked Fish, Broccoli, Carrots</i>				
Chicken & Dumplings Beets Broccoli Dinner Roll Applesauce Skim Milk	Beef Taco Corn Shell/Beef/Cheese Lettuce/Tomato/Onion Black Beans Spanish Rice Banana Skim Milk	Hamburger Served on Bun Baked Beans Coleslaw Orange Skim Milk	Cheese Ravioli Spinach Tossed Salad Garlic Toast Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Carrots Wax Beans Dinner Roll Fresh Grapes Skim Milk

8/17/2026	8/18/2026	8/19/2026	8/20/2026	8/21/2026
<i>ALTERNATIVE: Cheese Omelet, Hashbrowns, Green Beans</i>				
Roast Beef New Potatoes Carrots Dinner Roll Melon Skim Milk	Manicotti Summer Squash Spinach Salad Garlic Toast Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Chicken Stir Fry Baby Carn Fried Rice Fresh Apple Skim Milk	BBQ Pork on Bun Potato Salad Coleslaw Banana Skim Milk

8/24/2026	8/25/2026	8/26/2026	8/27/2026	8/28/2026
<i>ALTERNATIVE: Baked Chicken, Green Beans, Peas</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 Carrots Potato Salad Pineapple Skim Milk	Pork Roast Broccoli Wild Rice Spinach Salad Fresh Apple Skim Milk	Vegetable Lasagna Summer Squash Spinach Garlic Breadstick Fresh Orange Skim Milk

8/31/2026				
<i>ALTERNATIVE: Chicken Breast, Sweet Potatoes, Spinach</i>				
Beef Stew Stew Vegetables Green Beans Biscuit Fresh Orange Skim Milk				