

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

August 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
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 Mango/Papaya Cup Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Peaches 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 Flour Shell/Beef Black Beans Salsa Cup Cheese Sauce Pears Skim Milk	Hamburger On Bun Baked Beans Carrots Orange Skim Milk	Cheese Ravioli Spinach Broccoli Garlic Toast Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Carrots Wax Beans Dinner Roll Peaches 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 Mango/Papaya Cup Skim Milk	Manicotti Summer Squash Spinach Garlic Toast Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Chicken Stir Fry Baby Corn Fried Rice Fresh Apple Skim Milk	BBQ Pork On Bun Seasoned Potatoes 3 Bean Salad Cup Peaches 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 Pears Skim Milk	Baked Ham Sweet Potatoes Cauliflower Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe On Bun Carrots German Potato Salad Pineapple Skim Milk	Pork Roast Broccoli Wild Rice Tomato Juice 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				