

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

July 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
		7/1/2026	7/2/2026	7/3/2026
<i>ALTERNATIVE: Baked Fish, Green Beans, Creamed Peas</i>				
		Hamburger on Bun Baked Beans Coleslaw Orange Skim Milk	Cheese Ravioli Spinach Green Beans Garlic Toast Pineapple Tidbits Skim Milk	Agency Closed

7/6/2026	7/7/2026	7/8/2026	7/9/2026	7/10/2026
<i>ALTERNATIVE:</i>				
Roast Beef New Potatoes Carrots Dinner Roll Melon Skim Milk	Manicotti Summer Squash Brussel Sprouts 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 Potato Salad Coleslaw Banana Skim Milk

7/13/2026	7/14/2026	7/15/2026	7/16/2026	7/17/2026
<i>ALTERNATIVE: Baked Chicken, Mashed Potatoes, Collard Greens</i>				
Meatloaf Mashed Potatoes Peas Dinner Roll Mango/Papaya Cup 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 Rutabagas Wild Rice Fresh Melon Skim Milk	Vegetable Lasagna Summer Squash Stewed Tomatoes Garlic Breadstick Fresh Orange Skim Milk

7/20/2026	7/21/2026	7/22/2026	7/23/2026	7/24/2026
<i>ALTERNATIVE: Chicken Breast, Harvard Beets, New Potatoes</i>				
Beef Stew Stew Vegetables Green Beans Biscuit Fresh Orange Skim Milk	Baked Fish Broccoli Hominy Couscous Fresh Melon Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Potato Salad Baked Beans Macaroni Salad Fresh Apple Skim Milk	Cheese Omelet Seasoned Potatoes Vegetable Juice French Toast Sticks Strawberry Applesauce Skim Milk

7/27/2026	7/28/2026	7/29/2026	7/30/2026	7/31/2026
<i>ALTERNATIVE: Roast Turkey, Sweet Potatoes, Green Beans</i>				
Baked Chicken Spinach Baked Potato Sliced Bread Applesauce Skim Milk	Salmon Patty Peas Mashed Potatoes Dinner Roll Fresh Orange Banana Pudding Skim Milk	Baked Ham Brussel Sprouts Scalloped Potatoes Corn Muffin Banana Skim Milk	Sausage Patty Hashbrown Potatoes Glazed Carrots Pancake Pears Skim Milk	Baked Spaghetti Green Beans Broccoli Garlic Bread Stick Fresh Apple Skim Milk