

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

July 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
		7/1/2026	7/2/2026	7/3/2026
<i>ALTERNATIVE: Baked Fish, Green Beans, Creamed Peas</i>				
		Hamburger on Bun Baked Beans Beets 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: Cheese Omelet, Seasoned Potatoes, Carrots</i>				
Roast Beef New Potatoes Carrots Dinner Roll Peaches Skim Milk	Manicotti Summer Squash Brussel Sprouts Corn Muffin Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Chicken Stir Fry Baby Corn Stir Fry Vegetables Fried Rice Fresh Apple Skim Milk	BBQ Pork on Bun Baked Beans German Potato Salad Pears 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 Baked Beans Pineapple Skim Milk	Pork Roast Broccoli Rutabagas Apple Muffin Fresh Apple 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 Sliced Bread Pineapple Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Hamburger on Bun Carrots Baked Beans Fresh Apple Skim Milk	Cheese Omelet Seasoned Potatoes French Toast Sticks Vegetable Juice 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 Cauliflower Mashed Potatoes Dinner Roll Fresh Orange Skim Milk	Baked Ham Brussel Sprouts Scalloped Potatoes Corn Muffin Peaches Skim Milk	Sausage Patty Hashbrown Potatoes Glazed Carrots Pancake Pears Skim Milk	Baked Spaghetti Green Beans Broccoli Garlic Bread Stick Fresh Apple Skim Milk