

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

September 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
	9/1/2026	9/2/2026	9/3/2026	9/4/2026
<i>ALTERNATIVE: Baked Fish, Carrots, Green Beans</i>				
	Chicken Quesadilla Corn Shell, Chicken, Cheese Black Beans Spanish Rice Banana Skim Milk	Turkey Burger On Bun Baked Beans Coleslaw Orange Skim Milk	Cheese Ravioli Spinach Broccoli Garlic Toast Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Carrots Wax Beans Dinner Roll Fresh Apple Skim Milk

9/7/2026	9/8/2026	9/9/2026	9/10/2026	9/11/2026
<i>ALTERNATIVE: Cheese Omelet, Seasoned Potatoes, Broccoli</i>				
Agency Closed	Manicotti Summer Squash Broccoli Garlic Toast Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Chicken Stir Fry Baby Corn Fried Rice Mango/Papaya Cup Skim Milk	BBQ Chicken On Bun Potato Salad Coleslaw Banana Skim Milk

9/14/2026	9/15/2026	9/16/2026	9/17/2026	9/18/2026
<i>ALTERNATIVE: Roast Turkey, Beets, Peas</i>				
Meatloaf Green Beans Baked Potato Dinner Roll Plums Skim Milk	Baked Turkey Ham Sweet Potatoes Broccoli Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe On Bun Potato Salad Coleslaw Pineapple Skim Milk	Baked Chicken Carrots Spinach Sliced Bread Peaches Skim Milk	Beef Lasagna Summer Squash Cauliflower Garlic Bread Stick Orange Skim Milk

9/21/2026	9/22/2026	9/23/2026	9/24/2026	9/25/2026
<i>ALTERNATIVE: Roast Turkey, Corn, Carrots</i>				
Beef Stew Cauliflower Green Beans Biscuit Mandarin Oranges Skim Milk	Baked Fish Broccoli Green Bean Casserole Dinner Roll Orange Skim Milk	Macaroni & Cheese Cauliflower Carrots Sliced Bread Plums Skim Milk	Hamburger On Bun Baked Beans Coleslaw Banana Skim Milk	Cheese Omelet Seasoned Potatoes Spinach French Toast Sticks Strawberry Applesauce Skim Milk

9/28/2026	9/29/2026	9/30/2026		
<i>ALTERNATIVE: Cheese Omelet, Stewed Tomatoes, Seasoned Potatoes</i>				
Baked Chicken Lima Beans Zucchini Corn Muffin Plums Skim Milk	Baked Salmon Carrots Baked Potato Dinner Roll Clementine Skim Milk	Ham/Potato Casserole Broccoli Blueberry Muffin Banana Skim Milk		