

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

September 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
	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) Spanish Rice Black Beans Tomato Juice Mango/Papaya Cup Skim Milk	Turkey Burger On Bun Baked Beans German Potato Salad 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 Baked Beans Carrots Apple 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 Peaches Skim Milk	Baked Turkey Ham Sweet Potatoes Broccoli Blueberry Muffin Strawberry Applesauce Skim Milk	Sloppy Joe On Bun Seasoned Potatoes Baked Beans 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 Mango/Papaya Cup Skim Milk	Hamburger On Bun Baked Beans Tomato Juice Apple 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 Pears Skim Milk	Baked Salmon Carrots Baked Potato Dinner Roll Clementine Skim Milk	Ham/Potato Casserole Broccoli Blueberry Muffin Banana Skim Milk		