

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

# October 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                                                                        |
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|                                                                       |         |           | 10/1/2026                                                                                          | 10/2/2026                                                                     |
| <i>ALTERNATIVE: Cheese Omelet, Stewed Tomatoes, Seasoned Potatoes</i> |         |           |                                                                                                    |                                                                               |
|                                                                       |         |           | Sausage Patty<br>Hashbrown Potatoes<br>Sauteed Peppers<br>Waffle<br>Pineapple Tidbits<br>Skim Milk | Beef Stroganoff<br>Beets<br>Wax Beans<br>Sliced Bread<br>Peaches<br>Skim Milk |

| 10/5/2026                                                                         | 10/6/2026                                                                                | 10/7/2026                                                                          | 10/8/2026                                                               | 10/9/2026                                                               |
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| <i>ALTERNATIVE: Roast Turkey, Mashed Potatoes, Green Beans</i>                    |                                                                                          |                                                                                    |                                                                         |                                                                         |
| Roast Beef<br>Mashed Potatoes<br>Carrots<br>Dinner Roll<br>Pineapple<br>Skim Milk | Manicotti<br>Summer Squash<br>Stewed Tomatoes<br>Garlic Toast<br>Applesauce<br>Skim Milk | Shephards Pie<br>Green Beans<br>Cauliflower<br>Sliced Bread<br>Orange<br>Skim Milk | Chicken Stir Fry<br>Baby Corn<br>Fried Rice<br>Fresh Apple<br>Skim Milk | BBQ Pork on Bun<br>Seasoned Potatoes<br>Broccoli<br>Banana<br>Skim Milk |

| 10/12/2026                                                                       | 10/13/2026                                                                                           | 10/14/2026                                                          | 10/15/2026                                                                   | 10/16/2026                                                                                              |
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| <i>ALTERNATIVE: Baked Chicken, Peas, Carrots</i>                                 |                                                                                                      |                                                                     |                                                                              |                                                                                                         |
| Meatloaf<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Banana<br>Skim Milk | Baked Ham<br>Sweet Potatoes<br>Cauliflower<br>Blueberry Muffin<br>Strawberry Applesauce<br>Skim Milk | Sloppy Joe on Bun<br>Carrots<br>Wax Beans<br>Pineapple<br>Skim Milk | Pork Roast<br>Broccoli<br>Rutabagas<br>Wild Rice<br>Fresh Apple<br>Skim Milk | Vegetable Lasagna<br>Summer Squash<br>Stewed Tomatoes<br>Garlic Breadstick<br>Fresh Orange<br>Skim Milk |

| 10/19/2026                                                                          | 10/20/2026                                                                    | 10/21/2026                                                                                    | 10/22/2026                                                               | 10/23/2026                                                                                    |
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| <i>ALTERNATIVE: Roast Turkey, Sweet Potatoes, Green Beans</i>                       |                                                                               |                                                                                               |                                                                          |                                                                                               |
| Beef Stew<br>Stew Vegetables<br>Green Beans<br>Biscuit<br>Fresh Orange<br>Skim Milk | Baked Fish<br>Corn O'Brien<br>Okra<br>Dinner Roll<br>Fresh Apple<br>Skim Milk | Macaroni & Cheese<br>Stewed Tomatoes<br>Cauliflower<br>Sliced Bread<br>Pineapple<br>Skim Milk | Hamburger on Bun<br>Seasoned Potatoes<br>Broccoli<br>Banana<br>Skim Milk | Cheese Omelet<br>Black Beans<br>Tomato Juice<br>Pancake<br>Strawberry Applesauce<br>Skim Milk |

| 10/26/2026                                                                         | 10/27/2026                                                                                      | 10/28/2026                                                                                   | 10/29/2026                                                                              | 10/30/2026                                                                                  |
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| <i>ALTERNATIVE: Roast Turkey Ham, Cauliflower, Green Beans</i>                     |                                                                                                 |                                                                                              |                                                                                         |                                                                                             |
| Baked Chicken<br>Spinach<br>Baked Potato<br>Corn Muffin<br>Applesauce<br>Skim Milk | Salmon<br>Peas<br>Mashed Potatoes<br>Dinner Roll<br>Fresh Orange<br>Banana Pudding<br>Skim Milk | Baked Ham<br>Augratin Potatoes<br>Brussel Sprouts<br>Blueberry Muffin<br>Banana<br>Skim Milk | Sausage Patty<br>Hashbrown Potatoes<br>Vegetable Juice<br>Pancake<br>Pears<br>Skim Milk | Baked Spaghetti<br>Green Beans<br>Broccoli<br>Garlic Breadstick<br>Fresh Apple<br>Skim Milk |