

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

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

10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
<i>ALTERNATIVE: Roast Turkey, Mashed Potatoes, Green Beans</i>				
Roast Beef Mashed Potatoes Carrots Dinner Roll Pineapple Skim Milk	Manicotti Summer Squash Stewed Tomatoes 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 Seasoned Potatoes Broccoli Hamburger Bun Peaches Skim Milk

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

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

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