

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

# November 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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| 11/2/2026                                                                 | 11/3/2026                                                                                    | 11/4/2026                                                                                      | 11/5/2026                                                                       | 11/6/2026                                                                             |
| <i>ALTERNATIVE:</i>                                                       |                                                                                              |                                                                                                |                                                                                 |                                                                                       |
| Beef & Mac<br>Brussel Sprouts<br>Carrots<br>Biscuit<br>Pears<br>Skim Milk | Roast Turkey<br>Sweet Potatoes<br>Green Bean Casserole<br>Dinner Roll<br>Orange<br>Skim Milk | Pork Chop<br>Broccoli<br>Mashed Potatoes<br>Sliced Bread<br>Strawberry Applesauce<br>Skim Milk | Beef Chili<br>Cauliflower<br>Tossed Salad<br>Corn Muffin<br>Banana<br>Skim Milk | Macaroni & Cheese<br>Stewed Tomatoes<br>Spinach<br>Sliced Bread<br>Pears<br>Skim Milk |

| 11/9/2026                                                                             | 11/10/2026                                                                                                            | 11/11/2026       | 11/12/2026                                                                                 | 11/13/2026                                                                                        |
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| <i>ALTERNATIVE: Pork Roast, Scalloped Potatoes, Green Beans</i>                       |                                                                                                                       |                  |                                                                                            |                                                                                                   |
| Chicken & Dumplings<br>Carrots<br>Broccoli<br>Sliced Bread<br>Applesauce<br>Skim Milk | Beef Taco<br>Corn Shell, Beef, Cheese<br>Lettuce, Tomato, Onion<br>Black Beans<br>Spanish Rice<br>Banana<br>Skim Milk | Agency<br>Closed | Cheese Ravioli<br>Spinach<br>Cauliflower<br>Garlic Toast<br>Pineapple Tidbits<br>Skim Milk | Sweet & Sour Meatballs<br>Brussel Sprouts<br>Wax Beans<br>Dinner Roll<br>Fresh Apple<br>Skim Milk |

| 11/16/2026                                                                      | 11/17/2026                                                                       | 11/18/2026                                                                         | 11/19/2026                                                                                  | 11/20/2026                                                                  |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <i>ALTERNATIVE: Roast Turkey, Mashed Potatoes, Carrots</i>                      |                                                                                  |                                                                                    |                                                                                             |                                                                             |
| Roast Beef<br>Mashed Potatoes<br>Carrots<br>Dinner Roll<br>Peaches<br>Skim Milk | Manicotti<br>Summer Squash<br>Spinach<br>Garlic Toast<br>Applesauce<br>Skim Milk | Shephards Pie<br>Green Beans<br>Cauliflower<br>Sliced Bread<br>Orange<br>Skim Milk | Pork Stir Fry<br>Baby Corn<br>Stir Fry Vegetables<br>Fried Rice<br>Fresh Apple<br>Skim Milk | BBQ Pork<br>On Bun<br>German Potato Salad<br>Carrots<br>Banana<br>Skim Milk |

| 11/23/2026                                                                   | 11/24/2026                                                                                               | 11/25/2026                                                                                                                     | 11/26/2026       | 11/27/2026       |
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| <i>ALTERNATIVE:</i>                                                          |                                                                                                          |                                                                                                                                |                  |                  |
| Meatloaf<br>Mashed Potatoes<br>Carrots<br>Dinner Roll<br>Banana<br>Skim Milk | Baked Ham<br>Scalloped Potatoes<br>Cauliflower<br>Blueberry Muffin<br>Strawberry Applesauce<br>Skim Milk | Roast Turkey<br>Cranberry Sauce<br>Green Bean Casserole<br>Sweet Potatoes<br>Stuffing<br>Pumpkin Pie<br>Pineapple<br>Skim Milk | Agency<br>Closed | Agency<br>Closed |

| 11/30/2026                                                                          |  |  |  |  |
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| <i>ALTERNATIVE: Pork Roast, Peas, Sweet Potatoes</i>                                |  |  |  |  |
| Beef Stew<br>Stew Vegetables<br>Green Beans<br>Biscuit<br>Fresh Orange<br>Skim Milk |  |  |  |  |