

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

November 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
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
<i>ALTERNATIVE: Baked Fish, Seasoned Potatoes, Stewed Tomatoes</i>				
Beef & Mac Brussel Sprouts Carrots Biscuit Pears Skim Milk	Roast Turkey Sweet Potatoes Green Bean Casserole Dinner Roll Orange Skim Milk	Pork Chop Broccoli Mashed Potatoes Sliced Bread Strawberry Applesauce Skim Milk	Beef Chili Cauliflower Wax Beans Corn Muffin Peaches Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Sliced Bread Pears Skim Milk

11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
<i>ALTERNATIVE: Pork Roast, Scalloped Potatoes, Green Beans</i>				
Chicken & Dumplings Carrots Broccoli Sliced Bread Applesauce Skim Milk	Beef Burrito Flour Shell, Beef, Beans Spanish Rice Black Beans Vegetable Juice Peaches Skim Milk	Agency Closed	Cheese Ravioli Spinach Cauliflower Garlic Toast Pineapple Tidbits Skim Milk	Sweet & Sour Meatballs Brussel Sprouts Wax Beans Dinner Roll Fresh Apple 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 Mashed Potatoes Carrots Dinner Roll Peaches Skim Milk	Manicotti Summer Squash Spinach Sliced Bread Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Pork Stir Fry Baby Corn Stir Fry Vegetables Fried Rice Fresh Apple Skim Milk	BBQ Pork On Bun German Potato Salad Carrots Pears Skim Milk

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

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