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

December 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
	12/1/2026	12/2/2026	12/3/2026	12/4/2026
ALTERNATIVE: Roast Pork, Peas, Sweet Potatoes				
	Baked Fish Broccoli Baked Potato Dinner Roll Peaches Skim Milk	Macaroni & Cheese Stewed Tomatoes Cauliflower Sliced Bread Pineapple Skim Milk	Curry Chicken Asian Vegetable Blend Carrots Fried Rice Banana Skim Milk	Cheese Omelet Hashbrowns Spinach French Toast Sticks Strawberry Applesauce Skim Milk

12/7/2026	12/8/2026	12/9/2026	12/10/2026	12/11/2026
ALTERNATIVE: Baked Chicken, Sweet Potatoes, Green Beans				
Roast Beef Carrots New Potatoes Sliced Bread Applesauce Skim Milk	Salmon Peas Mashed Potatoes Dinner Roll Fresh Orange Banana Pudding Skim Milk	Beef Burrito Refired Beans Mexicorn Tortilla Chips Peaches Skim Milk	Sausage Patty Hashbrown Potatoes Pancake Vegetable Juice Pears Skim Milk	Baked Spaghetti Green Beans Broccoli Garlic Bread Stick Fresh Apple Skim Milk

12/14/2026	12/15/2026	12/16/2026	12/17/2026	12/18/2026
ALTERNATIVE: Baked Fish, Seasoned Potatoes, Stewed Tomatoes				
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 Tossed Salad Corn Muffin Banana Skim Milk	Macaroni & Cheese Stewed Tomatoes Spinach Sesame Crackers Pears Skim Milk

12/21/2026	12/22/2026	12/23/2026	12/24/2026	12/25/2026
ALTERNATIVE: Pork Roast, Scalloped Potatoes, Green Beans				
Chicken & Dumplings Carrots Broccoli Dinner Roll Applesauce Skim Milk	Beef Taco Corn Shell/Beef/Cheese Lettuce/Tomato/Onion Black Beans Spanish Rice Banana Skim Milk	Baked Ham Sweet Potatoes Green Bean Casserole Dinner Roll Cherry Pie Skim Milk	Agency Closed	Agency Closed

12/28/2026	12/29/2026	12/30/2026	12/31/2026	
ALTERNATIVE: Roast Turkey, Mashed Potatoes, Carrots				
Roast Beef Mashed Potatoes Carrots Dinner Roll Peaches Skim Milk	Manicotti Summer Squash Spinach Garlic Toast Applesauce Skim Milk	Shephards Pie Green Beans Cauliflower Sliced Bread Orange Skim Milk	Agency Closed	