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

December 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
	12/1/2026	12/2/2026	12/3/2026	12/4/2026
ALTERNATIVE: Pork Roast, 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 Fried Rice Asian Vegetable Blend Carrots Pears Skim Milk	Cheese Omelet Hashbrowns Spinach Blueberry Waffle 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 Skim Milk	Beef Burrito Refried 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 Corn Corn Muffin Papaya/Mango Cup 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 (Gd. Beef/Refried Beans) Spanish Rice Black Beans Corn Tortilla Tomato Juice Peaches 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	