

Tri County Office on Aging – Nutrition Menu

August 2023

Luncheons are served at 12 p.m. and the cost is a \$3.50 donation for ages 60 and over and a \$6 charge for ages 59 and under. The luncheon and the programs are held in the Activity Room in the Delta Enrichment Center, located at 4538 Elizabeth Road, Lansing 48917. Pick up your monthly activities calendar at the Delta Township Enrichment Center or online at www.deltami.gov/parks.

For reservations, please call (517) 484-5600 by 12 noon the day before the luncheon

Monday, July 31

Chicken & Dumplings
Lima Beans
Broccoli
Applesauce

Wednesday, August 2

Turkey Burger on Bun
Baked Beans
Coleslaw / Orange
Strawberry/Rhubarb
Crisp

Friday, August 4

Sweet & Sour Meatballs
Carrots
Wax Beans
Fresh Grapes

Monday, August 7

Roast Beef
New Potatoes
Carrots
Melon

Wednesday, August 9

Shepards Pie
Green Beans
Cauliflower / Orange
Sliced Bread

Friday, August 11

BBQ Pork on Bun
Potato Salad
Coleslaw
Blueberry Crisp
Banana

Monday, August 14

Vegetable Lasagna
Stewed Tomatoes
Summer Squash
Fresh Orange
Garlic Breadstick

Wednesday, August 16

Baked Ham
Sweet Potatoes
Cauliflower
Strawberry Applesauce
Blueberry Muffin

Friday, August 18

Pork Roast
Spinach Salad
Wild Rice
Broccoli
Fresh Apple

Monday, August 21

Cheese Omelet
Seasoned Potatoes
French Toast Sticks
Vegetable Juice
Strawberry Applesauce

Wednesday, August 23

Baked Fish
Tossed Salad
Broccoli
Couscous
Fresh Melon

Friday, August 25

Hamburger on Bun
Tossed Salad
Macaroni Salad
Banana Cherry Crisp

Monday, August 28

Baked Fish
Green Beans
Fresh Apple
Garlic Bread Stick

Wednesday, August 30

Salmon Patty
Mashed Potatoes
Peas
Fresh Orange
Banana Pudding

Friday, Sept 1

One serving of fat free milk is served with each meal. Additional milk (if available) may be purchased for \$.25 each.
Coffee is available for \$.50.