

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.