


Tri County Office on Aging – Nutrition Menu July 2010

Luncheons are served at 12 p.m. and the cost is a \$2.50 suggested donation for ages 60 and over and a \$5.50 charge for ages 59 and under. The luncheon and the programs are held in the Activity Room in the Delta Enrichment Center, located on 4538 Elizabeth Road, Lansing 48917. Pick up your monthly activities calendar at the Delta-Waverly Activities Office or online at www.deltami.gov/parks.

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

		<p style="text-align: center; background-color: #cccccc; margin: 0;">Friday, July 2</p> <p>Florentine Stuffed Shells Carrot Coins Peas & Mushrooms Dinner Roll Seasonal Fruit</p>
<p style="text-align: center; background-color: #cccccc; margin: 0;">Monday, July 5</p> <div style="text-align: center;">  Independence Day </div>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Wednesday, July 7</p> <p>Chicken and Vegetable Stew Italian Green Beans Biscuit Fruited Fluff</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Friday, July 9</p> <p>Deluxe Roast Beef Sub Sandwich on a Bun Potato Salad Orange Chocolate Chip Cookie</p>
<p style="text-align: center; background-color: #cccccc; margin: 0;">Monday, July 12</p> <p>Roast Pork Seasonal Squash Peas Wheat Bread Peach Slices</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Wednesday, July 14</p> <p>Sloppy Joe on a Bun Peas & Onions Coleslaw Pineapple</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Friday, July 16</p> <p>Crumbled Pollock Broccoli Tomato Medley Yeast Roll Mixed Fruit</p>
<p style="text-align: center; background-color: #cccccc; margin: 0;">Monday, July 19</p> <p>Pork Stir Fry over Rice Winter Blend Veg Fortune Cookie Apple Crumble</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Wednesday, July 21</p> <p>Lasagna Tossed Salad California Blend Veg French Bread Jellied Applesauce</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Friday, July 23</p> <p>Chicken Florentine Broccoli Tomato Medley Dinner Roll Banana</p>
<p style="text-align: center; background-color: #cccccc; margin: 0;">Monday, July 26</p> <p>Deluxe Hamburger on a Bun with Lettuce and Tomato Baked Beans Cantaloupe</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Wednesday, July 28</p> <p>BBQ Chicken Old World Mashed Potatoes Spinach Wheat Bread Mandarin Oranges</p>	<p style="text-align: center; background-color: #cccccc; margin: 0;">Friday, July 30</p> <p>Two-Bean Chili Potato Salad Corn Crackers Jellied Applesauce</p>
<p>** () Denotes Carbohydrates. An 8 oz. carton of 2% or fat free milk is served with each hot meal. Additional coffee \$.25.</p>		