

Tri County Office on Aging – Nutrition Menu

October 2016

Luncheons are served at 12 p.m. and the cost is a \$3 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 on 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

<p>Monday, October 3</p> <p>Rosemary Turkey mashed potatoes peas dinner roll orange</p>	<p>Wednesday, October 5</p> <p>Sloppy Joe on whole wheat bun mini corn cob carrot coins pear</p>	<p>Friday, October 7</p> <p>Vegetable Lasagna corn green beans wheat bread banana</p>
<p>Monday, October 10</p> <p>Baked Chicken mashed potatoes green beans texas toast orange</p>	<p>Wednesday, October 12</p> <p>Pork Medallions baked potato broccoli dinner roll pear</p>	<p>Friday, October 14</p> <p>Tuna Casserole green peas squash grapes</p>
<p>Monday, October 17</p> <p>Beef Pot Roast new potatoes baby carrots yeast roll sugar cookie pineapple tidbits</p>	<p>Wednesday, October 19</p> <p>Lemon Pepper Cod scalloped potatoes stewed tomatoes dinner roll oatmeal cookie grapes</p>	<p>Friday, October 21</p> <p>Crab Alfredo with linguine pasta broccoli corn dinner roll banana</p>
<p>Monday, October 24</p> <p>Chicken Stew green peas biscuit lemon cookie orange</p>	<p>Wednesday, October 26</p> <p>Hamburger on Bun rosemary potatoes fresh carrots raisins apple</p>	<p>Friday, October 28</p> <p>Macaroni & Cheese green beans stewed tomatoes dinner roll applesauce</p>
<p>Monday, October 31</p> <p style="text-align: center; font-size: 1.5em;">TO BE ANNOUNCED</p>		

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