

Tri County Office on Aging – Nutrition Menu

November 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 31</p> <p>Turkey Burger mashed potatoes glazed carrots dinner roll apple</p>	<p>Wednesday, November 2</p> <p>Soft Shell Taco ground beef/cheese lettuce/tomato/onion beans and rice orange</p>	<p>Friday, November 4</p> <p>Creole Cod buttered corn peas wheat bread pineapple tidbits</p>
<p>Monday, November 7</p> <p>Beef Stew biscuit peas pear graham cracker</p>	<p>Wednesday, November 9</p> <p>Slow Roast Pork Loin mashed potatoes corn o'brien rye bread orange</p>	<p>Friday, November 11</p> <p style="text-align: center;">Closed Happy Veterans Day</p>
<p>Monday, November 14</p> <p>Rosemary Turkey mashed potatoes peas dinner roll orange</p>	<p>Wednesday, November 16</p> <p>Sloppy Joe on Bun corn carrot coins pear</p>	<p>Friday, November 18</p> <p>Vegetable Lasagna corn green beans wheat bread banana</p>
<p>Monday, November 21</p> <p>BBQ Chicken mashed potatoes green peas texas toast orange</p>	<p>Wednesday, November 23</p> <p>Roast Turkey sweet potatoes stuffing dinner roll pumpkin pie</p>	<p>Friday, November 25</p> <p style="text-align: center;">Closed Happy Thanksgiving</p>
<p>Monday, November 28</p> <p>Beef Pot Roast new potato baby carrots yeast roll oatmeal cookie pineapple tidbits</p>	<p>Wednesday, November 30</p> <p>Lemon Pepper Cod scalloped potatoes stewed tomatoes dinner roll grapes chocolate chip cookie</p>	<p>Friday, December 2</p> <p>Crab Alfredo linguine pasta broccoli corn dinner roll banana</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.