

Tri County Office on Aging – Nutrition Menu March 2016

Luncheons are served at 12 p.m. and the cost is a \$3 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 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, February 29	Wednesday, March 2	Friday, March 4
Roast Beef Au Jus mashed potatoes Italian green beans wheat bread orange	Pork Medallions spinach succotash apple muffin pear	Macaroni & Cheese stewed tomatoes peas wheat roll banana
Monday, March 7	Wednesday, March 9	Friday, March 11
Beef Stew biscuit green peas pear	Slow Roasted Pork Loin mashed potatoes corn o'brien rye bread orange	Macaroni & Cheese green beans glazed carrots dinner roll w/ butter grapes
Monday, March 14	Wednesday, March 16	Friday, March 18
Rosemary Turkey mashed potatoes peas dinner roll orange	Sloppy Joe on Bun mini corn cob carrot coins pear	Vegetable Lasagna corn tossed salad wheat bread banana
Monday, March 21	Wednesday, March 23	Friday, March 25
Barbecue Chicken mashed potatoes green beans texas toast orange	Pork Medallions baked potato broccoli dinner roll pear	CLOSED GOOD FRIDAY
Monday, March 28	Wednesday, March 30	Friday, April 1
Beef Pot Roast new potatoes baby carrots yeast roll oatmeal cookie pineapple tidbits	Lemon Pepper Cod wild rice stewed tomatoes dinner roll grapes	Crab Alfredo linguine pasta corn broccoli banana

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.