

## Tri County Office on Aging – Nutrition Menu April 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](http://www.deltami.gov/parks).

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

|  |  |  |
|--|--|--|
| <p><b>Monday, March 28</b></p> <p>Beef Pot Roast<br/>new potatoes<br/>baby carrots<br/>yeast roll<br/>oatmeal cookie<br/>pineapple tidbits</p> | <p><b>Wednesday, March 30</b></p> <p>Lemon Pepper Cod<br/>wild rice<br/>stewed tomatoes<br/>dinner roll<br/>grapes</p>     | <p><b>Friday, April 1</b></p> <p>Crab Alfredo<br/>linguine pasta<br/>corn<br/>broccoli<br/>banana</p>                    |
| <p><b>Monday, April 4</b></p> <p>Beef Stew<br/>biscuit<br/>peas<br/>pear</p>   | <p><b>Wednesday, April 6</b></p> <p>Slow Roast Pork Loin<br/>mashed potatoes<br/>corn o'brien<br/>rye bread<br/>orange</p> | <p><b>Friday, April 8</b></p> <p>Macaroni &amp; Cheese<br/>green beans<br/>glazed carrots<br/>dinner roll<br/>grapes</p> |
| <p><b>Monday, April 11</b></p> <p>Rosemary Turkey<br/>mashed potatoes<br/>peas<br/>dinner roll<br/>orange</p>                                  | <p><b>Wednesday, April 13</b></p> <p>Sloppy Joe on Bun<br/>mini corn cob<br/>carrot coins<br/>pear</p>                     | <p><b>Friday, April 15</b></p> <p>Vegetable Lasagna<br/>corn<br/>green beans<br/>wheat bread<br/>banana</p>              |
| <p><b>Monday, April 18</b></p> <p>BBQ Chicken<br/>mashed potatoes<br/>green beans<br/>texas toast<br/>orange</p>                               | <p><b>Wednesday, April 20</b></p> <p>Pork Medallion<br/>baked potato<br/>broccoli<br/>dinner roll<br/>pear</p>             | <p><b>Friday, April 22</b></p> <p>Tuna Noodle Casserole<br/>green peas<br/>squash<br/>apple muffin<br/>grapes</p>        |
| <p><b>Monday, April 25</b></p> <p>Beef Pot Roast<br/>new potatoes<br/>baby carrots<br/>yeast roll<br/>oatmeal cookie<br/>pineapple tidbits</p> | <p><b>Wednesday, April 27</b></p> <p>Lemon Pepper Cod<br/>wild rice<br/>stewed tomatoes<br/>dinner roll<br/>grapes</p>     | <p><b>Friday, April 29</b></p> <p>Crab Alfredo<br/>linguine pasta<br/>broccoli<br/>corn<br/>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.