

# Tri County Office on Aging – Nutrition Menu

## July 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](http://www.deltami.gov/parks).

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

<p><b>Monday, June 27</b></p> <p style="text-align: center;">Beef Stew biscuit peas graham cracker pear</p>	<p><b>Wednesday, June 29</b></p> <p style="text-align: center;">Slow Roast Pork Loin mashed potatoes corn o'brien rye bread orange</p>	<p><b>Friday, July 1</b></p> <p style="text-align: center;">Macaroni &amp; Cheese green beans glazed carrots dinner roll grapes</p>
<p><b>Monday, July 4</b></p> <p style="text-align: center;"><b>Closed</b></p> <div style="text-align: center;">  <p>Happy 4th of July!</p> </div>	<p><b>Wednesday, July 6</b></p> <p style="text-align: center;">Chicken Parmesan spaghetti noodles wax beans tossed salad apple</p>	<p><b>Friday, July 8</b></p> <p style="text-align: center;">Seasoned Tilapia rice pilaf stewed tomatoes spinach salad texas toast banana</p>
<p><b>Monday, July 11</b></p> <p style="text-align: center;">Vegetable Lasagna corn green beans wheat bread banana</p>	<p><b>Wednesday, July 13</b></p> <p style="text-align: center;">Seasoned Cod Fillet roasted redskin potato harvard beets rye bread mandarin oranges</p>	<p><b>Friday, July 15</b></p> <p style="text-align: center;">Pork Medallion scalloped potatoes broccoli yeast roll apple</p>
<p><b>Monday, July 18</b></p> <p style="text-align: center;">Tuna Noodle Casserole green peas squash grapes</p>	<p><b>Wednesday, July 20</b></p> <p style="text-align: center;">Goulash carrots tossed salad mini breadstick apple</p>	<p><b>Friday, July 22</b></p> <p style="text-align: center;">Stuffed Cabbage buttered rice stewed tomatoes dinner roll banana</p>
<p><b>Monday, July 25</b></p> <p style="text-align: center;">Crab Alfredo with linguine pasta broccoli corn dinner roll banana</p>	<p><b>Wednesday, July 27</b></p> <p style="text-align: center;">Savory Turkey mashed potatoes broccoli yeast roll orange</p>	<p><b>Friday, July 29</b></p> <p style="text-align: center;">Honey Glazed Ham mashed potatoes green beans texas toast strawberry applesauce</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.