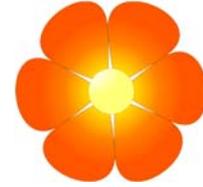


# Tri County Office on Aging

## Nutrition Menu

### August 2016



Luncheons are served at 12 p.m. and the cost is a \$3 donation for ages 60 and over and a \$6.00 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*

#### Monday, August 1

Breaded Catfish  
baked potato  
broccoli  
dinner roll  
orange

#### Wednesday, August 3

Chicken Stew  
peas  
biscuit  
lemon cookie  
orange

#### Friday, August 5

Hamburger on Bun  
rosemary potatoes  
fresh carrots  
raisins  
apple

#### Monday, August 8

BBQ Pork on Bun  
coleslaw  
fresh carrots  
banana

#### Wednesday, August 10

Turkey Burger  
mashed potatoes  
glazed carrots  
dinner roll  
apple

#### Friday, August 12

Soft Shell Taco  
ground beef/cheese  
lettuce/tomato/onion  
beans and rice  
orange

#### Monday, August 15

Seasoned Tilapia  
Rice pilaf  
Stewed tomatoes  
Spinach salad  
Texas toast  
Banana

#### Wednesday, August 17

Beef Stew  
Biscuit  
Peas  
Graham cracker  
Pear

#### Friday, August 19

Slow Roast Pork Loin  
Mashed potato  
Corn o'brien  
Rye bread  
Orange

#### Monday, August 22

Pork Medallion  
Scalloped potatoes  
Broccoli  
Yeast roll  
Apple

#### Wednesday, August 24

Rosemary Turkey  
Mashed potatoes  
Peas  
Dinner roll  
Orange

#### Friday, August 26

Sloppy Joe on Bun  
Mini corn cob  
Carrot coins  
Pear

One carton of juice, 2% 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.