

Tri County Office on Aging – Nutrition Menu

September 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, August 29 Stuffed Cabbage white rice carrots dinner roll banana</p>	<p>Wednesday, August 31 BBQ Chicken mashed potatoes green beans texas toast orange</p>	<p>Friday, September 2 Pork Medallions baked potato broccoli dinner roll pear</p>
<p>Monday, September 5 CLOSED </p>	<p>Wednesday, September 7 Lemon Pepper Cod scalloped potatoes stewed tomatoes dinner roll grapes oatmeal cookie</p>	<p>Friday, September 9 Crab Alfredo with Linguine Pasta broccoli corn dinner roll banana</p>
<p>Monday, September 12 Chicken Stew peas biscuit lemon cookie orange</p>	<p>Wednesday, September 14 Hamburger on Bun rosemary potatoes fresh carrots raisins apple</p>	<p>Friday, September 16 Macaroni & Cheese green beans stewed tomatoes dinner roll applesauce</p>
<p>Monday, September 19 Turkey Burger mashed potatoes glazed carrots dinner roll apple</p>	<p>Wednesday, September 21 Soft Shell Taco ground beef / cheese lettuce/ tomato/ onion beans and rice orange</p>	<p>Friday, September 23 Creole Cod buttered corn peas wheat bread pineapple tidbits</p>
<p>Monday, September 26 Beef Stew biscuit peas graham cracker pear</p>	<p>Wednesday, September 28 Slow Roast Pork Loin mashed potatoes corn o'brien rye bread orange</p>	<p>Friday, September 30 Macaroni & Cheese green beans glazed carrots dinner roll grapes</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.