

Tri County Office on Aging – Nutrition Menu

January 2017

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 style="background-color: #cccccc; padding: 2px;">Monday, January 2</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">Happy New Year</p> 	<p style="background-color: #cccccc; padding: 2px;">Wednesday, January 4</p> <p style="text-align: center;">Pork Medallions baked potato broccoli wheat roll pear</p>	<p style="background-color: #cccccc; padding: 2px;">Friday, January 6</p> <p style="text-align: center;">Tuna Noodle Casserole sweet peas squash grapes</p>
<p style="background-color: #cccccc; padding: 2px;">Monday, January 9</p> <p style="text-align: center;">Beef Pot Roast new potatoes baby carrots yeast roll oatmeal cookie pineapple tidbits</p>	<p style="background-color: #cccccc; padding: 2px;">Wednesday, January 11</p> <p style="text-align: center;">Lemon Pepper Cod scalloped potatoes stewed tomatoes dinner roll grapes oatmeal cookie</p>	<p style="background-color: #cccccc; padding: 2px;">Friday, January 13</p> <p style="text-align: center;">Crab Alfredo with linguine pasta broccoli corn wheat roll banana</p>
<p style="background-color: #cccccc; padding: 2px;">Monday, January 16</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</p> 	<p style="background-color: #cccccc; padding: 2px;">Wednesday, January 18</p> <p style="text-align: center;">Hamburger on Bun rosemary potatoes fresh carrots raisins apple</p>	<p style="background-color: #cccccc; padding: 2px;">Friday, January 20</p> <p style="text-align: center;">Macaroni & Cheese green beans stewed tomatoes dinner roll applesauce</p>
<p style="background-color: #cccccc; padding: 2px;">Monday, January 23</p> <p style="text-align: center;">Turkey Burger mashed potatoes glazed carrots dinner roll apple</p>	<p style="background-color: #cccccc; padding: 2px;">Wednesday, January 25</p> <p style="text-align: center;">Soft Shell Taco ground beef / cheese lettuce/tomato/onion beans and rice orange</p>	<p style="background-color: #cccccc; padding: 2px;">Friday, January 27</p> <p style="text-align: center;">Rosemary Chicken corn peas wheat bread pineapple tidbits</p>
<p style="background-color: #cccccc; padding: 2px;">Monday, January 30</p> <p style="text-align: center;">Beef Stew biscuit peas graham cracker pear</p>	<p style="background-color: #cccccc; padding: 2px;">Wednesday, February 1</p> <p style="text-align: center;">Slow Roast Pork Loin mashed potatoes corn o'brien rye bread orange</p>	<p style="background-color: #cccccc; padding: 2px;">Friday, February 3</p> <p style="text-align: center;">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.