

Tri-County Office on Aging Nutrition Department
 Senior Dining Sites 517-887-1393
 5303 S Cedar St Bldg 1 Lansing, MI 48911

March 2023
Hot Meal Program Menu

**Menu is subject to change. Margarine is served with bread when served alone.
 Skim milk is offered with every meal. You may choose to opt out.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3/1/2023	3/2/2023	3/3/2023
<i>ALTERNATIVE: Cheese Omelet</i>				
		Pork Chop Spinach Baked Potato Orange Wheat Bread Skim Milk	Roast Turkey Green Beans Sweet Potatoes Pineapple Dinner Roll Skim Milk	
3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
<i>ALTERNATIVE: Baked Fish</i>				
	Baked Ham Scalloped Potatoes Broccoli Orange Dinner Roll Skim Milk	Chicken & Dumplings Brussel Sprouts Peaches Sugar Cookie Skim Milk	BBQ Chicken Coleslaw Mashed Potatoes Pears Biscuit Skim Milk	

3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
<i>ALTERNATIVE: Cheese Omelet</i>				
	Chicken Parmesan Spinach Salad Mixed Vegetables Grapes Wheat Bread Skim Milk	Roast Beef Baked Potato Broccoli Orange Dinner Roll Skim Milk	Pork Roast Butternut Squash Beets Banana Dinner Roll Skim Milk	

3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
<i>ALTERNATIVE: Baked Chicken</i>				
	Baked Ham Butternut Squash Autumn Blend Veggies Strawberry Applesauce Blueberry Muffin Skim Milk	Sloppy Joe on Bun Carrot & Raisin Salad Brussel Sprouts Pineapple Skim Milk	Roast Turkey Green Beans Sweet Potatoes Peaches Wheat Bread Skim Milk	

3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
<i>ALTERNATIVE: Chicken Breast</i>				
	Beef Stew Baked Potato Peas & Carrots Diced Pears Dinner Roll Skim Milk	Meatloaf Mashed Potatoes Broccoli Banana Wheat Bread Skim Milk	Macaroni & Cheese Diced Carrots Green Beans Diced Peached Wheat Bread Skim Milk	