

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 NOVEMBER MENU- COMMERCE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$4.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
3 Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple	4 Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	5 Roast Turkey w/ Gravy Bread Stuffing Green Beans Mashed Potatoes Dinner Roll Pumpkin Pie	6 Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick	7 Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Mandarin Oranges
10 Chicken Leg Wedge Potatoes Peas & Carrots Apple Dinner Roll	11 CLOSED 	12 Chicken & Broccoli Casserole Coleslaw Mixed Vegetables Banana Biscuit	13 Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Apple Sauce	14 Baked Cod Macaroni & Cheese Brussel Sprouts Mandarin Oranges Whole Wheat Bread
17 Chicken Ala King Green Beans White Rice Apple Biscuit	18 Sloppy Joe Hamburger Bun Three Bean Salad Carrots Pineapple	19 Chicken Chili Corn Broccoli Banana Oyster Crackers	20 Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears	21 Golden Crispy Chicken Au Gratin Potatoes Spinach Mandarin Oranges Whole Grain Bread
24 Country Fried Steak Mashed Potatoes Carrots Apple Whole Grain Bread	25 THEME Roast Turkey w/Gravy Green Beans Mashed Potatoes Dinner Roll Pineapple	26 Meatloaf w/gravy New Potatoes Peas & Carrots Dinner Roll Banana	27 CLOSED 	28 CLOSED

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 NOVEMBER MENU- SANDWICH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SACK LUNCH \$4.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
3	4	5	6	7
Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk	Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Apple Milk	Chicken Leg Roll Cucumber & Tomato Salad Peaches Milk	Corned Beef and Swiss Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit Milk	Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk
10	11	12	13	14
Roast Beef Sandwich Lettuce & Cheddar Cheese Whole Wheat Bread Pasta Veggie Salad Carrot Sticks Pears Milk	CLOSED 	Grilled Chicken Sandwich Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce Milk	Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk	Tuna Salad Croissant Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges Milk
17	18	19	20	21
Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk	Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Apple Milk	Chicken Leg Roll Cucumber & Tomato Salad Peaches Milk	Corned Beef and Swiss Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit Milk	Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk
24	25	26	27	28
Roast Beef Sandwich Lettuce & Cheddar Cheese Whole Wheat Bread Pasta Veggie Salad Carrot Sticks Pears Milk	Ham and Cheese Sandwich Lettuce Whole Grain Bread Coleslaw Pineapple Milk	Grilled Chicken Sandwich Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce Milk	CLOSED 	CLOSED