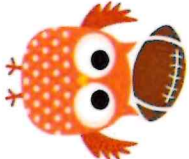



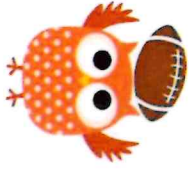





SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 SEPTEMBER MENU-SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SACK LUNCH \$3.50		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
4 CLOSED 	5 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	6 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	7 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	8 CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
11 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	12 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	13 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	14 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	15 TUNA SALAD CROISSANT LETTUCE VEGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
18 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	19 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	20 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	21 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	22 CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
25 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	26 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	27 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	28 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	29 TUNA SALAD CROISSANT LETTUCE VEGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 SEPTEMBER MENU - COMMERCE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$3.50		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
<p>CLOSED </p>	<p>Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple</p>	<p>Chicken Salad Plate w/ celery, grapes & onions Mixed Greens Pita Bread Banana</p>	<p>Country Fried Steak Mashed Potatoes Broccoli Carrots Pineapple Whole Grain Bread</p>	<p>Chicken & Broccoli Casserole Coleslaw Carrots Orange Whole Wheat Bread</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>11</p> <p>Chicken Tenders (2) Cole Slaw Apple Green Beans Wedge Potatoes</p>	<p><i>Potluck</i> Baked Potato Bar</p>	<p>Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana</p>	<p>Gyro w/ onion & tomato Tzatziki Sauce Coleslaw Pita Bread Apple Sauce</p>	<p>15</p> <p>Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Orange</p>
<p>18</p> <p>Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Green Beans Apple</p>	<p>19</p> <p>Swedish Meatballs Rice Mixed Vegetables Corn Peaches Whole Wheat Bread</p>	<p>20</p> <p>Greek Chicken Salad w/ beets, onions, olives, feta Mixed Greens Pita Bread Banana</p>	<p>21</p> <p>Baked Cod Macaroni & Cheese Brussel Sprouts Mixed Fruit Dinner Roll</p>	<p>22</p> <p>Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Garlic Bread Orange</p>
<p>25</p> <p>Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread</p>	<p>26</p> <p><i>Theme</i> Roast Beef</p>	<p>27</p> <p>Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana</p>	<p>28</p> <p>Chicken & Dumplings Tossed Salad Peas & Carrots Pears Dinner Roll</p>	<p>29</p> <p>Beef Lasagna Italian Vegetables Tossed Salad Orange Garlic Bread</p>