






SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2024 OCTOBER 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	
ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	1 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	2 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	3 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	4 CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK
7 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	8 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	9 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	10 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	11 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
14 CLOSED 	15 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	16 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	17 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	18 CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK
21 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	22 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	23 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	24 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	25 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
28 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	29 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	30 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	31 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK 	

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2024 OCTOBER MENU-COMMERCE HOT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HOT LUNCH \$3.50



PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
248-926-0063
MENU SUBJECT TO CHANGE
WITHOUT NOTICE



1
Italian Meatball Sub
Sub Bun
Italian Vegetables
Coleslaw
Pears

2
Tuna Salad Plate
cheese, cucumbers, tomatoes
Mixed Greens
Pita Bread
Banana

3
Lemon Pepper Chicken
Rica Pilaf
Broccoli
Tossed Salad
Whole Grain Bread
Mixed Fruit

4
Beef Stew
Mixed Vegetables
Three Bean Salad
Orange
Biscuit

7
Polish Sausage
Hot Dog Bun
Sauerkraut
Potato Wedges
Apple

8
POTLUCK
Beef Tacos
Cheese, Lettuce, Tomatoes
Taco Sauce & Sour Cream
Tortillas

9
Chicken Salad Plate
w/celery, grapes & onions
Mixed Greens
Pita Bread
Banana

10
SENIOR EXPO
Beef Lasagna
Italian Vegetables
Tossed Salad
Pears
Breadstick

11
Baked Cod
Macaroni & Cheese
Brussel Sprouts
Orange
Whole Wheat Bread

14
CLOSED
Columbus Day

15
Beef & Bean Burrito
w/ tortilla
Corn
Spanish Rice
Apple

16
Chef Salad Plate
w/ham, turkey & egg
Mixed Greens
Pita Bread
Banana

17
Sloppy Joe
Hamburger Bun
Three Bean Salad
Carrots
Apple Sauce

18
Golden Crispy Chicken
Mashed Sweet Potatoes
Spinach
Orange
Whole Grain Bread

21
Macaroni & Cheese
Stewed Tomatoes
Green Beans
Apple
Dinner Roll

22
Stuffed Cabbage
Mashed Potatoes
Peas
Whole Wheat Bread
Pineapple

23
Greek Chicken Salad
w/beets, onions, olives, feta
Mixed Greens
Pita Bread
Banana

24
Spaghetti w/ Meat Sauce
Italian Vegetables
Tossed Salad
Breadstick
Pears

25
Pulled BBQ Chicken Sandwich
Hamburger Bun
Potato Salad
Brussel Sprouts
Orange

28
Chicken Tenders (2)
Coleslaw
Apple
Green Beans
Wedge Potatoes

29
THEME
Macaroni & Cheese
Stewed Tomatoes
Green Beans
Pears
Dinner Roll

30
Maurice Salad
w/ham, turkey, cheese, pickles
Mixed Greens
Pita Bread
Banana

31
HAPPY HALLOWEEN
Halloweenie
Hot Dog Bun
Boo Baked Beans
Creepy Cole Slaw
Orange
Pumpkin Sugar Cookie