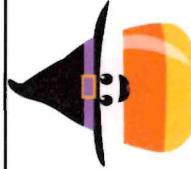


SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2024 OCTOBER MENU-SANDWICH

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						
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	GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	15	ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	16	ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	17	CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK	18
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 HAPPY HALLOWEEN 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
7	8 <u>POTLUCK</u> Beef Tacos Cheese, Lettuce, Tomatoes Taco Sauce & Sour Cream Tortillas	9	Chicken Salad Plate w/ celery, grapes & onions Mixed Greens Pita Bread Banana	10
14	15 CLOSED 	16	Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana	17
21	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
28	29 <u>THEME</u> Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll	30	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana	31 <u>HAPPY HALLOWEEN</u>
	Cochon Tenders (2) Coleslaw Apple Green Beans Wedge Potatoes		Halloweenie Hot Dog Bun Boo Baked Beans Creepy Cole Slaw Orange Pumpkin Sugar Cookie	