









**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
2024 SEPTEMBER MENU- COMMERCE HOT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>HOT LUNCH \$3.50</b>		<b>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</b>  <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	
<b>2</b>  <b>CLOSED</b> 	<b>3</b>  <b>Beef &amp; Bean Burrito w/ tortilla Corn Spanish Rice Apple Sauce</b>	<b>4</b>  <b>Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana</b>	<b>5</b>  <b>Chicken Parmesan Noodles Italian Vegetables Tossed Salad Pineapple</b>	<b>6</b>  <b>Country Fried Steak Mashed Potatoes Broccoli Orange Whole Grain Bread</b>
<b>9</b>  <b>Macaroni &amp; Cheese Stewed Tomatoes Green Beans Apple Breadstick</b>	<b>10</b>  <u><b>POTLUCK</b></u> <b>Potato Bar Bacon Bits, Cheddar Cheese Butter, Sour Cream</b>	<b>11</b>  <b>Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana</b>	<b>12</b>  <b>Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears</b>	<b>13</b>  <b>Chicken Chili Corn Three Bean Salad Orange Oyster Crackers</b>
<b>16</b>  <b>Grilled Turkey Burger Hamburger Bun Baked Beans Coleslaw Apple Sauce</b>	<b>17</b>  <b>Chicken Fettucini Alfredo Broccoli Tossed Salad Mixed Fruit Breadstick</b>	<b>18</b>  <b>Chef Salad Plate w/ham, turkey &amp; egg Mixed Greens Pita Bread Banana</b>	<b>19</b>  <b>Stuffed Steak Mashed Potatoes Mixed Vegetables Pineapple Whole Wheat Bread</b>	<b>20</b>  <b>Chicken Ala King Green Beans White Rice Orange Biscuit</b>
<b>23</b>  <b>Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Apple</b>	<b>24</b>  <u><b>THEME</b></u> <b>Chicken Parmesan Noodles Italian Vegetables Tossed Salad Pineapple</b>	<b>25</b>  <b>Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana</b>	<b>26</b>  <b>Cheese Ravioli Italian Vegetables Tossed Salad Breastick Apple Sauce</b>	<b>27</b>  <b>Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Orange</b>
<b>30</b>  <b>Chicken Leg Potato Wedges Peas &amp; Carrots Apple Dinner Roll</b>				

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
2024 SEPTEMBER MENU-SANDWICH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>SACK LUNCH \$3.50</b></p>		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>GRILLED CHICKEN SANDWICH LETTUCE &amp; CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p>4</p> <p>ROAST BEEF SANDWICH LETTUCE &amp; CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p>5</p> <p>ITALIAN SUB SANDWICH LETTUCE &amp; AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p>6</p> <p>CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>
<p>9</p> <p>ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p>10</p> <p>CHICKEN LEG ROLL CUCUMBER &amp; TOMATO SALAD PEACHES MILK</p>	<p>11</p> <p>CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p>12</p> <p>SLICED TURKEY SANDWICH LETTUCE &amp; PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p>13</p> <p>TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p>16</p> <p>HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p>17</p> <p>GRILLED CHICKEN SANDWICH LETTUCE &amp; CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p>18</p> <p>ROAST BEEF SANDWICH LETTUCE &amp; CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p>19</p> <p>ITALIAN SUB SANDWICH LETTUCE &amp; AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p>20</p> <p>CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>
<p>23</p> <p>ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p>24</p> <p>CHICKEN LEG ROLL CUCUMBER &amp; TOMATO SALAD PEACHES MILK</p>	<p>25</p> <p>CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p>26</p> <p>SLICED TURKEY SANDWICH LETTUCE &amp; PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p>27</p> <p>TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p>30</p> <p>HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>				