









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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$4.00		<p>PLEASE CALL 24 HOURS IN ADVANCED TO CANCEL MEALS 248-926-0063</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
1 CLOSED 	2 Pepperoni Calzone Italian Vegetables Broccoli Apple	3 Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana	4 Swiss Steak Green Beans Orange Mashed Potatoes Whole Grain Bread	5 Potato Encrusted Pollock Capri Vegetables Macaroni Salad Mixed Fruit Tartar Sauce
8 Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple	9 <u>POTLUCK</u> Chicken Salad Croissants	10 Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana	11 Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick	12 Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Orange
15 Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll	16 Beef Goulash Italian Vegetables Tossed Salad Peaches Breadstick	17 Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana	18 Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple Sauce	19 Baked Cod Macaroni & Cheese Brussel Sprouts Orange Whole Wheat Bread
22 Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple	23 Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pineapple	24 Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana	25 Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears	26 Golden Crispy Chicken Au Gratin Potatoes Spinach Orange Dinner Roll
29 Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll	30 <u>THEME</u> Spaghetti w/ Meat Sauce Broccoli Tossed Salad Whole Grain Bread Mixed Fruit			

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 SEPTEMBER 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	
1 CLOSED 	2 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	3 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	4 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	5 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
8 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	9 CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK	10 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	11 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	12 CORNEB BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK
15 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	16 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	17 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	18 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	19 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
22 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	23 CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK	24 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	25 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	26 CORNEB BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK
29 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	30 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK			