







**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2024 AUGUST 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 Chicken & Broccoli Casserole Coleslaw Carrots Peaches Biscuit	2 Swiss Steak Mixed Vegetables Mashed Potatoes Dinner Roll Orange
5 Chicken Tenders (2) Cole Slaw Apple Sauce Green Beans Wedge Potatoes	6 <u>ELECTION</u> No Meals	7 Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana	8 Hamburger w/cheese Hamburger Bun Potato Salad Carrots Peaches	9 Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll
12 Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread	13 <u>POTLUCK</u> Pulled BBQ Chicken w/Bun	14 Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana	15 Vegetable Lasagna Italian Vegetables Tossed Salad Apple Sauce Breadstick	16 Beef Chili Corn Tossed Salad Orange Cornbread
19 Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Apple Sauce	20 Swedish Meatballs Rice Mixed Vegetables Corn Peaches Dinner Roll	21 Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana	22 Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick	23 Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Orange Whole Grain Bread
26 Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple	27 <u>THEME</u> Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Mixed Fruit	28 Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana	29 Pepperoni Calzone Italian Vegetables Tossed Salad Apple Sauce	30 Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Orange

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">SACK LUNCH \$3.50</p>		<p align="center">PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155</p> <p align="center">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
			<p align="center">1</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">2</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p align="center">5</p> <p align="center">HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p align="center">6</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">7</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">8</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">9</p> <p align="center">CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>
<p align="center">12</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">13</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">14</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p align="center">15</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">16</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p align="center">19</p> <p align="center">HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p align="center">20</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">21</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">22</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">23</p> <p align="center">CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>
<p align="center">26</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">27</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">28</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p align="center">29</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">30</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>