










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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$4.00		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
		1	2	3
		<p>Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana</p>	<p>Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches</p>	<p>Italian Meatball Sub Sub Bun Mixed Vegetables Coleslaw Mandarin Oranges</p>
6	7	8	9	10
<p>Chicken Tenders (2) Coleslaw Apple Green Beans Wedge Potatoes</p>	<p>Country Fried Steak Mashed Potatoes Broccoli Pineapple Whole Grain Bread</p>	<p>Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana</p>	<p><i>Senior Expo</i> Stuffed Steak Mashed Potatoes Mixed Vegetables Pears Dinner Roll</p>	<p>Grilled Turkey Burger Hamburger Bun Baked Beans Mixed Vegetable Mandarin Oranges</p>
13	14	15	16	17
<p>CLOSED </p>	<p><i>Potluck</i> Swiss Steak</p>	<p>Chicken Caesar Salad Parmesan Cheese Caesar Dressing Romaine Lettuce Pita Bread Banana</p>	<p>Baked Ziti Italian Vegetables Tossed Salad Peaches Breadstick</p>	<p>Chicken Ala King Green Beans White Rice Mixed Fruit Biscuit</p>
20	21	22	23	24
<p>Grilled Chicken Sandwich Hamburger Bun Three Bean Salad Carrots Apple</p>	<p>Cheese Ravioli Italian Vegetables Tossed Salad Breadstick Apple Sauce</p>	<p>Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana</p>	<p>Gyro w/tomato & onion Tzatziki Sauce Coleslaw Pita Bread Mandarin Oranges</p>	<p>Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Whole Grain Bread</p>
27	28	29	30	31
<p>Pepperoni Calzone Italian Vegetables Broccoli Apple</p>	<p><i>Theme</i> Chicken Ala King Green Beans White Rice Biscuit Pears</p>	<p>Cheeseburger Salad Pickles, cheese, tomatoes Thousand Island Dressing Mixed Greens Dinner Roll Banana</p>	<p>Potato Encrusted Pollock Capri Vegetables Macaroni Salad Mixed Fruit Tartar Sauce</p>	<p> Halloweenie Hot Dog Bun Boo Baked Beans Creepy Coleslaw Mandarin Oranges Pumpkin Sugar Cookie</p>

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 OCTOBER 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 Grilled Chicken Sandwich Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce Milk	2 Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk	3 Tuna Salad Croissant Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges Milk
6 Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk	7 Italian Sub Sandwich Lettuce & 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 Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk
13 CLOSED 	14 Ham and Cheese Sandwich Lettuce Whole Grain Bread Coleslaw Pineapple Milk	15 Grilled Chicken Sandwich Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce Milk	16 Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk	17 Tuna Salad Croissant Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges Milk
20 Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk	21 Italian Sub Sandwich Lettuce & 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 Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk
27 Roast Beef Sandwich Lettuce & Cheddar Cheese Whole Wheat Bread Pasta Veggie Salad Carrot Sticks Pears 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 Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk	31 Tuna Salad Croissant Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges Milk 