

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HOT LUNCH \$4.00



**PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
248-926-0063**

**MENU SUBJECT TO CHANGE
WITHOUT NOTICE**



1

**Golden Crispy Chicken
Au Gratin Potatoes
Spinach
Orange
Whole Grain Bread**

4

**Beef & Bean Burrito
w/ tortilla
Corn
Spanish Rice
Apple**

5

**Chicken Parmesan
Noodles
Italian Vegetables
Tossed Salad
Peaches**

6

**Cheeseburger Salad
Pickles, cheese, tomatoes
Thousand Island Dressing
Mixed Greens
Pita Bread
Banana**

7

**Lemon Pepper Chicken
Rice Pilaf
Broccoli
Tossed Salad
Whole Grain Bread
Mixed Fruit**

8

**Italian Meatball Sub
Sub Bun
Italian Vegetables
Coleslaw
Orange**

11

**Grilled Turkey Burger
Hamburger Bun
Mixed Vegetables
Baked Beans
Orange**

12

**Potluck
Polish Sausage**

13

**Tuna Salad Plate
cheese, cucumber, tomatoes
Mixed Greens
Croissant
Banana**

14

**Vegetable Lasagna
Italian Vegetables
Tossed Salad
Pears
Breadstick**

15

**Sweet & Sour Chicken
Asian Vegetables
Whole Grain Rice
Pineapple
Whole Grain Bread**

18

**Country Fried Steak
Mashed Potatoes
Broccoli
Pineapple
Dinner Roll**

19

**Baked Ziti
Italian Vegetables
Tossed Salad
Peaches
Breadstick**

20

**Chicken Fajita Strip Salad
w/cheese, tomatoes
Mixed Greens
Tortilla Chips
Banana**

21

**Hamburger w/cheese
Hamburger Bun
Potato Salad
Mixed Vegetable
Orange**

22

**Chicken Ala King
Green Beans
White Rice
Mixed Fruit
Biscuit**

25

**Grilled Chicken Sandwich
Hamburger Bun
Three Bean Salad
Brussel Sprouts
Apple**

26

**Theme
Chicken Parmesan
Italian Vegetables
Tossed Salad
Breadstick
Pears**

27

**Chicken Caesar Salad
Parmesan Cheese
Caesar Dressing
Romaine Lettuce
Pita Bread
Banana**

28

**Gyro
w/tomato & onion
Tzatziki Sauce
Coleslaw
Pita Bread
Orange**

29

**Hot Dog
Bun
Carrots
Baked Beans
Apple Sauce**

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 AUGUST 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

**CORNEB BEEF AND SWISS
WHOLE WHEAT BREAD
THOUSAND ISLAND DRESSING
COLESLAW
MIXED FRUIT
MILK**

4

**HAM AND CHEESE SANDWICH
LETTUCE
WHOLE GRAIN BREAD
COLESLAW
PINEAPPLE
MILK**

5

**ROAST BEEF SANDWICH
LETTUCE & CHEDDAR CHEESE
WHOLE WHEAT BREAD
PASTA VEGGIE SALAD
CARROT STICKS
PEARS
MILK**

6

**GRILLED CHICKEN SANDWICH
LETTUCE & CHEESE
WHOLE WHEAT BUN
POTATO SALAD
APPLE SAUCE
MILK**

7

**ITALIAN SUB SANDWICH
LETTUCE & AMERICAN CHEESE
SUB BUN
THREE BEAN SALAD
ORANGE
MILK**

8

**TUNA SALAD CROISSANT
LETTUCE
VEGGIE PASTA SALAD
CARROT STICKS
MANDARIN ORANGES
MILK**

11

**ITALIAN SUB SANDWICH
LETTUCE AND AMERICAN CHEESE
SUB BUN
THREE BEAN SALAD
APPLE
MILK**

12

**CHICKEN SALAD CROISSANT
GRAPES/CELERY/ONIONS/LETTUCE
COLESLAW
BANANA
MILK**

13

**CHICKEN LEG
ROLL
CUCUMBER & TOMATO SALAD
PEACHES
MILK**

14

**SLICED TURKEY SANDWICH
LETTUCE & PROVOLONE CHEESE
WHOLE WHEAT BREAD
POTATO SALAD
FRUIT COCKTAIL
MILK**

15

**CORNEB BEEF AND SWISS
WHOLE WHEAT BREAD
THOUSAND ISLAND DRESSING
COLESLAW
MIXED FRUIT
MILK**

18

**HAM AND CHEESE SANDWICH
LETTUCE
WHOLE GRAIN BREAD
COLESLAW
PINEAPPLE
MILK**

19

**ROAST BEEF SANDWICH
LETTUCE & CHEDDAR CHEESE
WHOLE WHEAT BREAD
PASTA VEGGIE SALAD
CARROT STICKS
PEARS
MILK**

20

**GRILLED CHICKEN SANDWICH
LETTUCE & CHEESE
WHOLE WHEAT BUN
POTATO SALAD
APPLE SAUCE
MILK**

21

**ITALIAN SUB SANDWICH
LETTUCE & AMERICAN CHEESE
SUB BUN
THREE BEAN SALAD
ORANGE
MILK**

22

**TUNA SALAD CROISSANT
LETTUCE
VEGGIE PASTA SALAD
CARROT STICKS
MANDARIN ORANGES
MILK**

25

**ITALIAN SUB SANDWICH
LETTUCE AND AMERICAN CHEESE
SUB BUN
THREE BEAN SALAD
APPLE
MILK**

26

**CHICKEN SALAD CROISSANT
GRAPES/CELERY/ONIONS/LETTUCE
COLESLAW
BANANA
MILK**

27

**CHICKEN LEG
ROLL
CUCUMBER & TOMATO SALAD
PEACHES
MILK**

28

**SLICED TURKEY SANDWICH
LETTUCE & PROVOLONE CHEESE
WHOLE WHEAT BREAD
POTATO SALAD
FRUIT COCKTAIL
MILK**

29

**CORNEB BEEF AND SWISS
WHOLE WHEAT BREAD
THOUSAND ISLAND DRESSING
COLESLAW
MIXED FRUIT
MILK**