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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$4.00	August	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	5	6	7	8
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches	Cheeseburger Salad Pickles, cheese, tomatoes Thousand Island Dressing Mixed Greens Pita Bread Banana	Lemon Pepper Chicken Rice Pilaf Broccoli Tossed Salad Whole Grain Bread Mixed Fruit	Italian Meatball Sub Sub Bun Italian Vegetables Coleslaw Orange
11	12	13	14	15
Grilled Turkey Burger Hamburger Bun Mixed Vegetables Baked Beans Orange	<u>Potluck</u> Polish Sausage	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Croissant Banana	Vegetable Lasagna Italian Vegetables Tossed Salad Pears Breadstick	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Whole Grain Bread
18	19	20	21	22
Country Fried Steak Mashed Potatoes Broccoli Pineapple Dinner Roll	Baked Ziti Italian Vegetables Tossed Salad Peaches Breadstick	Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana	Hamburger w/cheese Hamburger Bun Potato Salad Mixed Vegetable Orange	Chicken Ala King Green Beans White Rice Mixed Fruit Biscuit
25	26 Thoma	27	28	29
Grilled Chicken Sandwich Hamburger Bun Three Bean Salad Brussel Sprouts Apple	<u>Theme</u> Chicken Parmesan Italian Vegetables Tossed Salad Breadstick Pears	Chicken Caesar Salad Parmesan Cheese Caesar Dressing Romaine Lettuce Pita Bread Banana	Gyro w/tomato & onion Tzatziki Sauce Coleslaw Pita Bread Orange	Hot Dog Bun Carrots Baked Beans Apple Sauce

## SENIOR NUTRITION PROGRAM - MEALS ON WHEELS 2025 AUGUST MENU- SANDWICH

SACK LUNCH \$4.00  SACK LUNCH \$4.00  SACK LUNCH \$4.00  SACK LUNCH \$4.00  PERSON CALL 24 HOURS IN ADVANCE TO CANCE MEALS 810-632-2155  MENU SUBJECT TO CHANGE WITHOUT NOTICE  1  CORNED BEEF AND SWISS WHOLE WHEAT BERED THOUSAND ESLEND HOUSAND ESLEND	MONDAY	TUESDAY	WEDNECDAY	THURCOAY	FRIDAY
SACK LUNCH \$4.00  SACK LUNCH \$	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A S GRILLED CHICKEN SANDWICH LETTUCE GAIND SAND CARROT STICKS MILK MILK MILK MILK MILK MILK MILK MILK		SACK LUNCH \$4.00	August	ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE	
HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK  11  12  13  14  15  CHICKEN SALAD CROISSANT HARE BEAN SALAD APPLE BANANA MILK  18  19  COLESLAW APPLE MILK  10  CHICKEN SALAD CROISSANT COLESLAW APPLE BANANA APPLE MILK  10  CHICKEN SALAD CROISSANT COLESLAW APPLE BANANA APPLE MILK  11  CHICKEN SALAD CROISSANT GRAPES/CELERTY/ONIONS/LETTUCE COLESLAW APPLE MILK					CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT
LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MHOLE WHEAT BREAD COLESLAW PINEAPPLE MILK  11  12  13  14  15  CHICKEN SALAD CROISSANT THREE BEAN SALAD APPLE SAUCE MILK  18  19  10  COLUMBER & TOMATO SALAD APPLE SAUCE MILK  MILK  11  12  13  14  15  CHICKEN SALAD CROISSANT THREE BEAN SALAD APPLE & FOOMTO SALAD APPLE & MILK  M	4	5	6	7	8
TTALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK  THAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK  THALIAN SUB SANDWICH LETTUCE SUB BUN THREE BEAN SALAD APPLE MILK  THAM AND CHEESE SANDWICH LETTUCE WHOLE WHEAT BREAD COLESLAW PASTA VEGGIE SALAD CARROT STICKS PEARS MILK  THALIAN SUB SANDWICH LETTUCE WHOLE WHEAT BREAD COLESLAW PINEAPPLE MILK  THALIAN SUB SANDWICH LETTUCE & MEESE WHOLE WHEAT BREAD COLESLAW PINEAPPLE MILK  THALIAN SUB SANDWICH LETTUCE & MEESE WHOLE WHEAT BREAD CARROT STICKS PEARS MILK  THREE BEAN SALAD APPLE SAUCE MILK  CHICKEN SALAD COLESLAW BANANA BANANA BANANA BANANA BANANA MILK  CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD POTATO SALAD SUB SANDWICH LETTUCE & MERICAN CHEESE SUB BUN THREE BEAN SALAD CARROT STICKS MANDARIN CRANGES MILK  CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MILK  TUNA SALAD CROISSANT LETTUCE & MERICAN CHEESE SUB BUN THREE BEAN SALAD CARROT STICKS MANDARIN ORANGES MILK  CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MILK  TUNA SALAD CROISSANT LETTUCE & MERICAN CHEESE WHOLE WHEAT BREAD CORESLAW MILK  CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW THREE BEAN SALAD APPLE WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MILK  CUCUMBER & TOMATO SALAD POTATO SALAD	LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE	LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS	LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE	LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE	LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES
LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK  18  19  20  21  22  HAM AND CHEESE SANDWICH LETTUCE & CHEESE WHOLE WHEAT BREAD POTATO SALAD POTATO SALAD POTATO SALAD POTATO SALAD POTATO SALAD FRUIT COCKTAIL MILK  ITALIAN SUB SANDWICH LETTUCE & CHEESE WHOLE WHEAT BREAD COLESLAW POTATO SALAD CARROT STICKS PEARS MILK  25  26  27  28  29  ITALIAN SUB SANDWICH LETTUCE AMERICAN CHEESE WHOLE WHEAT BREAD POTATO SALAD APPLE SAUCE MILK  CHICKEN SALAD CROISSANT LETTUCE & AMERICAN CHEESE WHOLE WHEAT BREAD POTATO SALAD APPLE SAUCE MILK  CHICKEN SALAD CROISSANT CHICKEN TO AMERICAN CHEESE WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING THOUSAND ISLAND CROISSANT THOUSAND ISLAND CROISSANT COLESLAW WHOLE WHEAT BREAD THOUSAND ISLAND CROISSANT THE BEAN SALAD COLESLAW WHOLE WHEAT BREAD THOUSAND ISLAND CROISSAN	11	12	13	14	15
HAM AND CHESSE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK  25  ITALIAN SUB SANDWICH LETTUCE ACHEDSAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK  25  ITALIAN SUB SANDWICH LETTUCE ACHEDSAR MILK  MILK  CHICKEN SALAD APPLE SAUCE MILK  CHICKEN SALAD CARROT STICKS PEARS MILK  CHICKEN SALAD CARROT STICKS PEARS MILK  CHICKEN SALAD CARROT STICKS MILK  MILK  CHICKEN SALAD CARROT STICKS MILK  MILK  CARROT STICKS MANDARIN ORANGES MILK  MILK  CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD POTATO SALAD POTATO SALAD APPLE  WHOLE WHEAT BRAD CARROT STICKS MANDARIN ORANGES MILK  CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING THOUSAND ISLAND THOUSAND ISLAND THOUSAND ISLAND THOUSAND ISLAND THOUSAND THOU	LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE	GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA	ROLL CUCUMBER & TOMATO SALAD PEACHES	LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL	WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT
LETTUCE WHOLE GRAIN BREAD COLESLAW PASTA VEGGIE SALAD CARROT STICKS PINEAPPLE MILK MILK PASTA VEGGIE SALAD CARROT STICKS PEARS MILK PEARS MILK PEARS MILK ETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD THREE BEAN SALAD CARROT STICKS MANDARIN ORANGES MILK POTATO SALAD ORANGE MILK MILK ETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD CARROT STICKS MANDARIN ORANGES MILK MILK MILK ETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD CARROT STICKS MANDARIN ORANGES MILK MILK ETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD COLESLAW BANANA APPLE COLESLAW MILK MILK MILK MILK MILK MILK MILK MILK	18	19	20	21	22
ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE  CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA BANANA BANANA MILK  CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES POTATO SALAD FRUIT COCKTAIL  CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW FRUIT COCKTAIL  MIXED FRUIT	LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE	LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS	LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE	LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE	LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES
LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE GRAPES/CELERY/ONIONS/LETTUCE COLESLAW COLESLAW BANANA BANANA BANANA MILK ROLL CUCUMBER & TOMATO SALAD PEACHES POTATO SALAD FRUIT COCKTAIL BETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW FRUIT COCKTAIL MIXED FRUIT	25	26	27	28	29
	LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE	GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA	ROLL CUCUMBER & TOMATO SALAD PEACHES	LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL	WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT