






**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 NOVEMBER MENU-COMMERCE**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	HOT LUNCH \$3.50		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
		<p>1</p> <p>Chicken Chili Corn Tossed Salad Banana Oyster Crackers</p>	<p>2</p> <p>Cheese Ravioli Italian Vegetables Tossed Salad Breadstick Apple Sauce</p>	<p>3</p> <p>Stuffed Steak Mashed Potatoes Mixed Vegetables Orange Whole Wheat Bread</p>
<p>6</p> <p>Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce</p>	<p>7</p> <p>Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Orange</p>	<p>8</p> <p>Roast Turkey w/ Gravy Cornbread Stuffing Green Beans Mashed Potatoes Dinner Roll Pumkin Pie</p>	<p>9</p> <p>Italian Meatball Sub Sub Bun Italian Vegetables Cole Slaw Banana</p>	<p>10</p> <p>CLOSED</p>
<p>13</p> <p>Grilled Turkey Burger Hamburger Bun Baked Beans Coleslaw Apple</p>	<p>14</p> <p><i>POTLUCK</i> Roast Turkey</p>	<p>15</p> <p>Lemon Pepper Chicken Rice Pilaf Broccoli Tossed Salad Whole Grain Bread Banana</p>	<p>16</p> <p>Beef Goulash Italian Vegetables Tossed Salad Pears Breadstick</p>	<p>17</p> <p>Chicken & Broccoli Casserole Coleslaw Carrots Orange Biscuit</p>
<p>20</p> <p>Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple</p>	<p>21</p> <p>Chicken Tenders (2) Cole Slaw Orange Green Beans Wedge Potatoes</p>	<p>22</p> <p>Ground Beef Stroganoff Noodles Broccoli Tossed Salad Banana Dinner Roll</p>	<p>23</p> <p>CLOSED</p>	<p>24</p> <p>CLOSED</p>
				
<p>27</p> <p>Gyro w/tomato & onion Tzatziki Sauce Coleslaw Pita Bread Apple</p>	<p>28</p> <p><i>THEME</i> Chicken & Dumplings</p>	<p>29</p> <p>Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Banana</p>	<p>30</p> <p>Baked Ziti Italian Vegetables Tossed Salad Pears Breadstick</p>	

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 NOVEMBER MENU-SANDWICH**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	SACK LUNCH \$3.50		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
		1	2	3
		ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
6	7	8	9	10
ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	CLOSED
13	14	15	16	17
HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
20	21	22	23	24
ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	CLOSED 	CLOSED
27	28	29	30	
HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	