








**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 SEPTEMBER 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">4</p> <p align="center">CLOSED HAPPY Labor Day</p>	<p align="center">5</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">6</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">7</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">8</p> <p align="center">CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK</p>
<p align="center">11</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">12</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">13</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p align="center">14</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">15</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p align="center">18</p> <p align="center">HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p align="center">19</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">20</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">21</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">22</p> <p align="center">CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK</p>
<p align="center">25</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">26</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">27</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>	<p align="center">28</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">29</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">HOT LUNCH \$3.50</p>		<p align="center">PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</p> <p align="center">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
<p align="center">4</p> <p align="center">CLOSED</p> 	<p align="center">5</p> <p align="center">Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple</p>	<p align="center">6</p> <p align="center">Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana</p>	<p align="center">7</p> <p align="center">Country Fried Steak Mashed Potatoes Broccoli Pineapple Whole Grain Bread</p>	<p align="center">8</p> <p align="center">Chicken & Broccoli Casserole Coleslaw Carrots Orange Whole Wheat Bread</p>
<p align="center">11</p> <p align="center">Chicken Tenders (2) Cole Slaw Apple Green Beans Wedge Potatoes</p>	<p align="center">12</p> <p align="center"><u>Potluck</u> Baked Potato Bar</p>	<p align="center">13</p> <p align="center">Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana</p>	<p align="center">14</p> <p align="center">Gyro w/onion & tomato Tzatziki Sauce Coleslaw Pita Bread Apple Sauce</p>	<p align="center">15</p> <p align="center">Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Orange</p>
<p align="center">18</p> <p align="center">Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Green Beans Apple</p>	<p align="center">19</p> <p align="center">Swedish Meatballs Rice Mixed Vegetables Corn Peaches Whole Wheat Bread</p>	<p align="center">20</p> <p align="center">Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana</p>	<p align="center">21</p> <p align="center">Baked Cod Macaroni & Cheese Brussel Sprouts Mixed Fruit Dinner Roll</p>	<p align="center">22</p> <p align="center">Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Garlic Bread Orange</p>
<p align="center">25</p> <p align="center">Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread</p>	<p align="center">26</p> <p align="center"><u>Theme</u> Roast Beef</p>	<p align="center">27</p> <p align="center">Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana</p>	<p align="center">28</p> <p align="center">Chicken & Dumplings Tossed Salad Peas & Carrots Pears Dinner Roll</p>	<p align="center">29</p> <p align="center">Beef Lasagna Italian Vegetables Tossed Salad Orange Garlic Bread</p>