

**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 <u>Potluck</u> 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 <u>Theme</u> Stuffed Steak Mashed Potatoes Mixed Vegetables Whole Wheat Bread Orange	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