







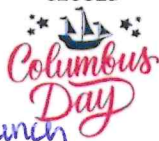


SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2023 OCTOBER MENU-COMMERCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$3.50		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
2 Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple	3 Baked Ham Scallop Potatoes Tossed Salad Broccoli Peaches Dinner Roll	4 Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana	5 Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	6 Chicken Parmesan Noodles Italian Vegetables Tossed Salad Orange
9 <i>Senior Center Open</i> CLOSED  <i>No Lunch</i>	10 <u>POTLUCK</u> Pulled BBQ Chicken Sandwich	11 Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana	12 <u>SENIOR EXPO</u> Stuffed Steak	13 Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Orange Whole Grain Bread
16 Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll	17 Meatloaf w/gravy New Potatoes Mixed Vegetables Whole Grain Bread Pears	18 Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana	19 Pepperoni Calzone Italian Vegetables Tossed Salad Peaches	20 Chicken Fettucini Alfredo Broccoli Tossed Salad Orange Breadstick
23 Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll	24 Swedish Meatballs Rice Mixed Vegetables Corn Pineapple Whole Wheat Bread	25 Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana	26 Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Apple Sauce	27 Chicken Ala King Green Beans White Rice Orange Biscuit
30 Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Apple	31 <u>THEME LUNCH</u> Polish Sausage 			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SACK LUNCH \$3.50		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
2 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	3 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	4 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	5 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	6 CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
9 <i>Senior Center open</i> CLOSED  <i>No Lunch</i>	10 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	11 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	12 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	13 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
16 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	17 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK	18 ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK	19 ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK	20 CHUNKY CHICKEN SALAD GRAPES/CELERY/ONIONS/LETTUCE CROISSANT COLESLAW BANANA MILK
23 ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK	24 CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK	25 CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK	26 SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK	27 TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK
30 HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK	31 GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK 