









**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 JULY MENU- COMMERCE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LUNCH \$4.00		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
	1 Cheese Ravioli Italian Vegetables Tossed Salad Breadstick Apple Sauce	2 Chicken Caesar Salad Parmesan Cheese Caesar Dressing Romaine Lettuce Whole Wheat Roll Banana	3 Hot Dog Bun Lays Potato Chips Baked Beans Coleslaw Apple Pie	4 CLOSED 
7 Pepperoni Calzone Italian Vegetables Broccoli Apple	8 <u>POTLUCK</u> Cheeseburgers	9 Antipasto Salad w/ham, salami, cheese, tomato croutons, italian dressing Mixed Greens Breadstick Banana	10 Potato Encrusted Pollock Capri Vegetables Macaroni Salad Mixed Fruit Tartar Sauce	11 Swiss Steak Peas & Carrots Orange Mashed Potatoes Whole Grain Bread
14 Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple	15 Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	16 Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana	17 Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick	18 Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Orange
21 Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll	22 Beef Goulash Italian Vegetables Tossed Salad Peaches Breadstick	23 Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana	24 Baked Cod Macaroni & Cheese Brussel Sprouts Orange Whole Wheat Bread	25 Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple Sauce
28 Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll	29 <u>THEME</u> Beef Ravioli Italian Vegetables Tossed Salad Breadstick Pineapple	30 Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana	31 Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears	

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2025 JULY MENU-SANDWICH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SACK LUNCH \$4.00		<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
	<p align="center">1</p> <p align="center">CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>	<p align="center">2</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">3</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">4 CLOSED</p> <p align="center"></p>
<p align="center">7</p> <p align="center">HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p align="center">8</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">9</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">10</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">11</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p align="center">14</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">15</p> <p align="center">CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>	<p align="center">16</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">17</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	<p align="center">18</p> <p align="center">CORNER BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT MILK</p>
<p align="center">21</p> <p align="center">HAM AND CHEESE SANDWICH LETTUCE WHOLE GRAIN BREAD COLESLAW PINEAPPLE MILK</p>	<p align="center">22</p> <p align="center">ROAST BEEF SANDWICH LETTUCE & CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD CARROT STICKS PEARS MILK</p>	<p align="center">23</p> <p align="center">GRILLED CHICKEN SANDWICH LETTUCE & CHEESE WHOLE WHEAT BUN POTATO SALAD APPLE SAUCE MILK</p>	<p align="center">24</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE & AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE MILK</p>	<p align="center">25</p> <p align="center">TUNA SALAD CROISSANT LETTUCE VEGGIE PASTA SALAD CARROT STICKS MANDARIN ORANGES MILK</p>
<p align="center">28</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE MILK</p>	<p align="center">29</p> <p align="center">CHICKEN SALAD CROISSANT GRAPES/CELERY/ONIONS/LETTUCE COLESLAW BANANA MILK</p>	<p align="center">30</p> <p align="center">CHICKEN LEG ROLL CUCUMBER & TOMATO SALAD PEACHES MILK</p>	<p align="center">31</p> <p align="center">SLICED TURKEY SANDWICH LETTUCE & PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD FRUIT COCKTAIL MILK</p>	