





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

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<b>HOT LUNCH \$3.00</b>		<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><i>Women's History Presentation</i> Lasagna</p>	<p>2</p> <p>Chicken Ala King Mixed Vegetables Mashed Potatoes Pineapple Biscuit</p>	<p>3</p> <p>Tuna Salad Sandwich Croissant Pasta Salad Carrot Sticks Orange</p>
<p>6</p> <p>Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread</p>	<p>7</p> <p>Meatloaf w/gravy Mashed Potatoes Peas Dinner Roll Peaches</p>	<p>8</p> <p>Chicken Chili Corn Tossed Salad Banana Oyster Crackers</p>	<p>9</p> <p>Beef Stew Wedge Potatoes Coleslaw Mixed Fruit Dinner Roll</p>	<p>10</p> <p>Vegetable Lasagna Italian Vegetables Tossed Salad Orange Breadstick</p>
<p>13</p> <p>Beef &amp; Bean Burrito w/ tortilla Corn Spanish Rice Apple</p>	<p>14</p> <p><i>POTLUCK</i> Corned Beef</p>	<p>15</p> <p>Spaghetti &amp; Meatballs Italian Vegetables Tossed Salad Breadstick Banana</p>	<p>16</p> <p>Lemon Pepper Chicken Rice Pilaf Broccoli Coleslaw Whole Grain Bread Pears</p>	<p>17</p> <p>Corned Beef Carrots &amp; Cabbage Whole Potatoes Apple Sauce Rye Bread St. Pat's Sugar Cookie</p>
<p>20</p> <p>Chicken Leg Potato Wedges Peas &amp; Carrots Apple Dinner Roll</p>	<p>21</p> <p>Sloppy Joe Hamburger Bun Three Bean Salad Baked Beans Peaches</p>	<p>22</p> <p>Cheese Ravioli Italian Vegetables Tossed Salad Garlic Bread Banana</p>	<p>23</p> <p>Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Mixed Fruit</p>	<p>24</p> <p>Baked Cod Macaroni &amp; Cheese Brussel Sprouts Orange Whole Grain Bread</p>
<p>27</p> <p>Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce</p>	<p>28</p> <p><i>THEME</i> Stuffed Cabbage</p>	<p>29</p> <p>Baked Ham Pineapple Mashed Sweet Potatoes Green Beans Dinner Roll Easter Sugar Cookie</p>	<p>30</p> <p>Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Banana</p>	<p>31</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans Orange Breadstick</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center"><b>SACK LUNCH \$2.00</b></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">1</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT</p>	<p align="center">2</p> <p align="center">SLICED TURKEY SANDWICH PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD THREE BEAN SALAD FRUIT COCKTAIL</p>	<p align="center">3</p> <p align="center">TUNA SALAD CROISSANT VEGETABLE PASTA SALAD CARROT STICKS MANDARIN ORANGES</p>
<p align="center">6</p> <p align="center">HAM AND CHEESE SANDWICH WHOLE GRAIN BREAD MACARONI SALAD PINEAPPLE</p>	<p align="center">7</p> <p align="center">GRILLED CHICKEN SANDWICH W/CHEESE WHOLE WHEAT BUN PASTA SALAD APPLE SAUCE</p>	<p align="center">8</p> <p align="center">ROAST BEEF W/CHEDDAR CHEESE WHOLE WHEAT BREAD PASTA VEGGIE SALAD PEARS</p>	<p align="center">9</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD ORANGE</p>	<p align="center">10</p> <p align="center">PEANUT BUTTER AND JELLY WHOLE WHEAT BREAD POTATO SALAD MIXED FRUIT</p>
<p align="center">13</p> <p align="center">ITALIAN SUB SANDWICH LETTUCE AND AMERICAN CHEESE SUB BUN THREE BEAN SALAD APPLE</p>	<p align="center">14</p> <p align="center">2 FRIED CHICKEN LEGS ROLL CUCUMBER &amp; TOMATO SALAD PEACHES</p>	<p align="center">15</p> <p align="center">CORNED BEEF AND SWISS WHOLE WHEAT BREAD THOUSAND ISLAND DRESSING COLESLAW MIXED FRUIT</p>	<p align="center">16</p> <p align="center">SLICED TURKEY SANDWICH PROVOLONE CHEESE WHOLE WHEAT BREAD POTATO SALAD THREE BEAN SALAD FRUIT COCKTAIL</p>	<p align="center">17</p> <p align="center">TUNA SALAD CROISSANT VEGETABLE PASTA SALAD CARROT STICKS MANDARIN ORANGES</p>
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