

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 SEPTEMBER MENU - COMMERCE HOT LUNCH**

	HOT LUNCH \$4.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
	<u>Tuesday</u> <u>9/1/2026</u>	<u>Wednesday</u> <u>9/2/2026</u>	<u>Thursday</u> <u>9/3/2026</u>	<u>Friday</u> <u>9/4/2026</u>
	Lemon Pepper Chicken Rice Pilaf Broccoli Whole Grain Bread Pineapple 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana	Potato Encrusted Pollock Capri Vegetables Macaroni Salad Tartar Sauce Mixed Fruit 0	Swiss Steak Green Beans Mashed Potatoes Dinner Roll Mandarin Oranges 0
<u>Monday</u> <u>9/7/2026</u> CLOSED 	<u>Tuesday</u> <u>9/8/2026</u> <i>POTLUCK</i> Swiss Steak	<u>Wednesday</u> <u>9/9/2026</u> Chicken Caesar Salad Parmesan Cheese Caesar Dressing Romaine Lettuce Pita Bread Banana	<u>Thursday</u> <u>9/10/2026</u> Baked Ham Scalloped Potatoes Green Beans Dinner Roll Pears 0	<u>Friday</u> <u>9/11/2026</u> Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Mandarin Oranges 0
<u>Monday</u> <u>9/14/2026</u>	<u>Tuesday</u> <u>9/15/2026</u>	<u>Wednesday</u> <u>9/16/2026</u>	<u>Thursday</u> <u>9/17/2026</u>	<u>Friday</u> <u>9/18/2026</u>
Chicken Stir Fry w/ broccoli, carrots, peppers Rice Whole Grain Bread Apple 0	Beef Stroganoff Mixed Vegetables Tossed Salad Whole Wheat Bread Apple Sauce 0	Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Fish Sandwich Mayo Hamburger Bun Capri Vegetables Macaroni Salad Peaches	Swedish Meatballs over Rice Green Beans Corn Dinner Roll Mandarin Oranges
<u>Monday</u> <u>9/21/2026</u>	<u>Tuesday</u> <u>9/22/2026</u>	<u>Wednesday</u> <u>9/23/2026</u>	<u>Thursday</u> <u>9/24/2026</u>	<u>Friday</u> <u>9/25/2026</u>
Chicken & Dumplings w/ Peas & Carrots Broccoli Whole Grain Bread Apple 0	Meatloaf w/gravy Mashed Potatoes Green Beans Dinner Roll Pears 0	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Croissant Banana 0	Chicken Pot Pie Biscuit Crust Tossed Salad Mixed Vegetables Pineapple 0	Stuffed Peppers Au Gratin Potatoes Carrots Whole Wheat Bread Mandarin Oranges 0
<u>Monday</u> <u>9/28/2026</u>	<u>Tuesday</u> <u>9/29/2026</u>	<u>Wednesday</u> <u>9/30/2026</u>		
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	<i>THEME</i> Stuffed Steak Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0		
Funding is provided by Ageways Nonprofit Senior Services and the ACLS Bureau, through the Federal Older American Act of 1965 in compliance with Title V of the Civil Rights Act of 1964				

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 SEPTEMBER MENU - SANDWICH

	SACK LUNCH \$4.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
	<u>TUESDAY</u> <u>9/1/2026</u>	<u>WEDNESDAY</u> <u>9/2/2026</u>	<u>THURSDAY</u> <u>9/3/2026</u>	<u>FRIDAY</u> <u>9/4/2026</u>
	Chicken Leg Roll Cucumber & Tomato Salad Peaches	Egg Salad Croissant Veggie Pasta Salad Carrot Sticks Apple Sauce	Corned Beef Sandwich w/ Swiss Cheese Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit	Chicken Salad Croissant Grapes / Celery / Onions / Lettuce Veggie Pasta Salad Carrot Sticks Banana
<u>MONDAY</u> <u>9/7/2026</u> CLOSED 	<u>TUESDAY</u> <u>9/8/2026</u>	<u>WEDNESDAY</u> <u>9/9/2026</u>	<u>THURSDAY</u> <u>9/10/2026</u>	<u>FRIDAY</u> <u>9/11/2026</u>
	Roast Beef Sandwich w / Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears	Ham & Cheese Sandwich w/ Lettuce Whole Grain Bread Pineapple	Grilled Chicken Sandwich w / Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce	Tuna Salad Croissant w / Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges
<u>MONDAY</u> <u>9/14/2026</u>	<u>TUESDAY</u> <u>9/15/2026</u>	<u>WEDNESDAY</u> <u>9/16/2026</u>	<u>THURSDAY</u> <u>9/17/2026</u>	<u>FRIDAY</u> <u>9/18/2026</u>
Chicken Caesar Wrap w/ Lettuce Tortilla Wrap Three Bean Salad Mixed Fruit	Sliced Turkey Sandwich w / Provolone Cheese & Lettuce Whole Wheat Bread Potato Salad Fruit Cocktail	Italian Sub Sandwich Lettuce / Cheese Sub Bun Coleslaw Banana	Chicken Leg Roll Cucumber & Tomato Salad Peaches	Egg Salad Croissant Veggie Pasta Salad Carrot Sticks Apple Sauce
<u>MONDAY</u> <u>9/21/2026</u>	<u>TUESDAY</u> <u>9/22/2026</u>	<u>WEDNESDAY</u> <u>9/23/2026</u>	<u>THURSDAY</u> <u>9/24/2026</u>	<u>FRIDAY</u> <u>9/25/2026</u>
Corned Beef Sandwich w/ Swiss Cheese Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit	Chicken Salad Croissant Grapes / Celery / Onions / Lettuce Veggie Pasta Salad Carrot Sticks Banana	Roast Beef Sandwich w / Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears	Ham & Cheese Sandwich w/ Lettuce Whole Grain Bread Pineapple	Grilled Chicken Sandwich w / Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce
<u>MONDAY</u> <u>9/28/2026</u>	<u>TUESDAY</u> <u>9/29/2026</u>	<u>WEDNESDAY</u> <u>9/30/2026</u>		
Tuna Salad Croissant w / Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges	Chicken Caesar Wrap w/ Lettuce Tortilla Wrap Three Bean Salad Mixed Fruit	Sliced Turkey Sandwich w / Provolone Cheese & Lettuce Whole Wheat Bread Potato Salad Fruit Cocktail		

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