

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 OCTOBER 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>Thursday</u> <u>10/1/2026</u> Beef Lasagna Italian Vegetables Tossed Salad Breadstick Apple Sauce	<u>Friday</u> <u>10/2/2026</u> Baked Cod Macaroni & Cheese Brussel Sprouts Whole Wheat Bread Mandarin Oranges
<u>Monday</u> <u>10/5/2026</u> Chicken Leg Roasted Sweet Potatoes Peas & Carrots Dinner Roll Apple 0	<u>Tuesday</u> <u>10/6/2026</u> CLOSED Bldg. Maintenance	<u>Wednesday</u> <u>10/7/2026</u> Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana	<u>Thursday</u> <u>10/8/2026</u> <i>Senior Expo</i> Beef Lasagna Italian Vegetables Tossed Salad Dinner Roll Mixed Fruit	<u>Friday</u> <u>10/9/2026</u> Pulled BBQ Chicken Sandwich Hamburger Bun Potato Wedges Brussel Sprouts Mandarin Oranges 0
<u>Monday</u> <u>10/12/2026</u> CLOSED 	<u>Tuesday</u> <u>10/13/2026</u> <i>Potluck</i> Polish Sausage Sauerkraut Hot Dog Bun	<u>Wednesday</u> <u>10/14/2026</u> Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana 0	<u>Thursday</u> <u>10/15/2026</u> Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pineapple 0	<u>Friday</u> <u>10/16/2026</u> Golden Crispy Chicken Au Gratin Potatoes Spinach Whole Grain Bread Mandarin Oranges 0
<u>Monday</u> <u>10/19/2026</u> Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple 0	<u>Tuesday</u> <u>10/20/2026</u> Chicken Parmesan Noodles Italian Vegetables Tossed Salad Pears 0	<u>Wednesday</u> <u>10/21/2026</u> Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Dinner Roll Banana 0	<u>Thursday</u> <u>10/22/2026</u> Italian Meatball Sub Sub Bun Mixed Vegetables Coleslaw Peaches 0	<u>Friday</u> <u>10/23/2026</u> Chicken Ala King Green Beans White Rice Biscuit Mandarin Oranges 0
<u>Monday</u> <u>10/26/2026</u> Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	<u>Tuesday</u> <u>10/27/2026</u> <i>Theme</i> Meatloaf w/ gravy Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	<u>Wednesday</u> <u>10/28/2026</u> Cheeseburger Salad Pickles, cheese, tomatoes Thousand Island Dressing Mixed Greens Dinner Roll Banana	<u>Thursday</u> <u>10/29/2026</u> Vegetable Lasagna Italian Vegetables Tossed Salad Breadstick Apple Sauce 0	<u>Friday</u> <u>10/30/2026</u> Halloweenie Hot Dog Bun Boo Baked Beans Vampire Veggies (Mixed Vegetable) Mandarin Oranges Pumpkin Sugar Cookie

SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 OCTOBER 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>THURSDAY</u> <u>10/1/2026</u>	<u>FRIDAY</u> <u>10/2/2026</u>
			Italian Sub Sandwich Lettuce / Cheese Sub Bun Coleslaw Banana	Chicken Leg Roll Cucumber & Tomato Salad Peaches
<u>MONDAY</u> <u>10/5/2026</u>	<u>TUESDAY</u> <u>10/6/2026</u>	<u>WEDNESDAY</u> <u>10/7/2026</u>	<u>THURSDAY</u> <u>10/8/2026</u>	<u>FRIDAY</u> <u>10/9/2026</u>
Egg Salad Croissant Veggie Pasta Salad Carrot Sticks Apple Sauce	CLOSED Bldg. Maintenance	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 Three Bean Salad Pineapple
<u>MONDAY</u> <u>10/12/2026</u>	<u>TUESDAY</u> <u>10/13/2026</u>	<u>WEDNESDAY</u> <u>10/14/2026</u>	<u>THURSDAY</u> <u>10/15/2026</u>	<u>FRIDAY</u> <u>10/16/2026</u>
CLOSED 	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	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
<u>MONDAY</u> <u>10/19/2026</u>	<u>TUESDAY</u> <u>10/20/2026</u>	<u>WEDNESDAY</u> <u>10/21/2026</u>	<u>THURSDAY</u> <u>10/22/2026</u>	<u>FRIDAY</u> <u>10/23/2026</u>
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	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>10/26/2026</u>	<u>TUESDAY</u> <u>10/27/2026</u>	<u>WEDNESDAY</u> <u>10/28/2026</u>	<u>THURSDAY</u> <u>10/29/2026</u>	<u>FRIDAY</u> <u>10/30/2026</u>
Roast Beef Sandwich w / Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears	Ham & Cheese Sandwich w / Lettuce Whole Grain Bread Three Bean Salad 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	Chicken Caesar Wrap w / Lettuce Tortilla Wrap Three Bean Salad Mixed Fruit