

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">SACK LUNCH \$4.00</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">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</p> <p align="center">CLOSED</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">CORNED 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>	