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

	SACK LUNCH ~~$4.00~~ $3.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
MONDAY 11/2/2026	**TUESDAY 11/3/2026**	**WEDNESDAY 11/4/2026**	**THURSDAY 11/5/2026**	**FRIDAY 11/6/2026**
Sliced Turkey Sandwich w / Provolone Cheese & Lettuce Whole Wheat Bread Potato Salad Fruit Cocktail	CLOSED election day	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
MONDAY 11/9/2026	**TUESDAY 11/10/2026**	**WEDNESDAY 11/11/2026**	**THURSDAY 11/12/2026**	**FRIDAY 11/13/2026**
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	CLOSED 	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
MONDAY 11/16/2026	**TUESDAY 11/17/2026**	**WEDNESDAY 11/18/2026**	**THURSDAY 11/19/2026**	**FRIDAY 11/20/2026**
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	Italian Sub Sandwich Lettuce / Cheese Sub Bun Coleslaw Banana	Chicken Leg Roll Cucumber & Tomato Salad Peaches
MONDAY 11/23/2026	**TUESDAY 11/24/2026**	**WEDNESDAY 11/25/2026**	**THURSDAY 11/26/2026**	**FRIDAY 11/27/2026**
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	CLOSED 	CLOSED
MONDAY 11/30/2026				
Roast Beef Sandwich w / Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears				

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 NOVEMBER MENU - COMMERCE

	HOT LUNCH ~~$4.00~~ $3.00		PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 248-926-0063 MENU SUBJECT TO CHANGE WITHOUT NOTICE	
Monday **11/2/2026**	**Tuesday** **11/3/2026**	**Wednesday** **11/4/2026**	**Thursday** **11/5/2026**	**Friday** **11/6/2026**
BBQ Chicken Breast Roasted Sweet Potatoes Peas & Carrots Whole Wheat Bread Apple	CLOSED Election Day	Chicken Pot Pie Biscuit Crust Coleslaw Green Beans Banana	Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Pears	Grilled Turkey Burger Hamburger Bun Baked Beans Carrots Mandarin Oranges
Monday **11/9/2026**	**Tuesday** **11/10/2026**	**Wednesday** **11/11/2026**	**Thursday** **11/12/2026**	**Friday** **11/13/2026**
Lemon Pepper Chicken Rice Pilaf Broccoli Whole Grain Bread Apple Sauce	*Potluck* Chicken Chili	CLOSED 	Hamburger w/cheese Hamburger Bun Potato Wedges Corn Apple	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Dinner Roll Mandarin Oranges
Monday **11/16/2026**	**Tuesday** **11/17/2026**	**Wednesday** **11/18/2026**	**Thursday** **11/19/2026**	**Friday** **11/20/2026**
Grilled Chicken Sandwich Hamburger Bun Baked Beans Carrots Apple	Potato Encrusted Pollock Capri Vegetables Macaroni Salad Tartar Sauce Peaches	Roast Turkey w/ Gravy Cornbread Stuffing Green Beans & Cranberry Sauce Mashed Potatoes Dinner Roll Pumpkin Pie	Chicken Penne Alfredo Broccoli Tossed Salad Breadstick Pineapple	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Mandarin Oranges
Monday **11/23/2026**	**Tuesday** **11/24/2026**	**Wednesday** **11/25/2026**	**Thursday** **11/26/2026**	**Friday** **11/27/2026**
Chicken Stir Fry w/ broccoli, carrots, peppers Rice Whole Grain Bread Apple	*Theme* Roast Turkey w/ Gravy Cornbread Stuffing Green Beans Mashed Potatoes Dinner Roll	Beef Stew Mixed Vegetables Tossed Salad Biscuit Banana	CLOSED 	CLOSED
Monday **11/30/2026**				
Pepperoni Calzone Peas & Carrots Broccoli Apple				

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