

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 MARCH 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">2</p> <p align="center">Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple</p> | <p align="center">3</p> <p align="center">Beef Tacos Cheese & Lettuce Salsa & Sour Cream Refried Beans & Corn Tortillas Pineapple</p> | <p align="center">4</p> <p align="center">Chicken & Dumplings w/ Peas & Carrots Broccoli Dinner Roll Banana</p> | <p align="center">5</p> <p align="center">Beef Lasagna Italian Vegetables Tossed Salad Breadstick Pears</p> | <p align="center">6</p> <p align="center">Baked Cod Macaroni & Cheese Brussel Sprouts Whole Wheat Bread Mandarin Oranges</p> |
| <p align="center">9</p> <p align="center">BBQ Chicken Breast Roasted Sweet Potatoes Peas & Carrots Dinner Roll Apple</p> | <p align="center">10</p> <p align="center"><i>POTLUCK</i> Corned Beef</p> | <p align="center">11</p> <p align="center">Chicken & Broccoli Casserole Coleslaw Mixed Vegetables Biscuit Banana</p> | <p align="center">12</p> <p align="center">Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Apple Sauce</p> | <p align="center">13</p> <p align="center">Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Mandarin Oranges</p> |
| <p align="center">16</p> <p align="center">Golden Crispy Chicken Roasted Sweet Potatoes Peas Whole Grain Bread Apple</p> | <p align="center">17</p> <p align="center">Shepherds Pie Carrots & Cabbage Apple Sauce Rye Bread St. Pat's Sugar Cookie</p> | <p align="center">18</p> <p align="center">Spaghetti w/ Meat Sauce Italian Vegetables Broccoli Breadstick Pears</p> | <p align="center">19</p> <p align="center">Chicken Pot Pie Biscuit Crust Tossed Salad Mixed Vegetables Banana</p> | <p align="center">20</p> <p align="center">Egg Salad Sandwich Croissant Pasta Salad Carrot Sticks Mixed Fruit</p> |
| <p align="center">23</p> <p align="center">Country Fried Steak Mashed Potatoes Carrots Whole Grain Bread Apple</p> | <p align="center">24</p> <p align="center">Chicken Ala King Green Beans White Rice Biscuit Mandarin Oranges</p> | <p align="center">25</p> <p align="center">Meatloaf w/gravy New Potatoes Peas & Carrots Dinner Roll Banana</p> | <p align="center">26</p> <p align="center">Hot Dog Bun Lays Potato Chips Baked Beans Coleslaw Apple Pie</p> | <p align="center">27</p> <p align="center">Vegetable Lasagna Italian Vegetables Tossed Salad Breadstick Pears</p> |
| <p align="center">30</p> <p align="center">Chopped Steak w/ Onion & Mushroom Gravy Mashed Potatoes Broccoli Apple</p> | <p align="center">31</p> <p align="center"><i>THEME</i> Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Mandarin Oranges</p> | | | |

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 MARCH 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">2</p> <p align="center">Chicken Leg Roll Cucumber & Tomato Salad Peaches Milk</p> | <p align="center">3</p> <p align="center">Corned Beef and Swiss Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit Milk</p> | <p align="center">4</p> <p align="center">Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk</p> | <p align="center">5</p> <p align="center">Roast Beef Sandwich Lettuce & Cheddar Cheese Whole Wheat Bread Pasta Veggie Salad Carrot Sticks Pears Milk</p> | <p align="center">6</p> <p align="center">Peanut Butter & Jelly Sandwich Whole Wheat Bread Potato Salad Apple Carrot Sticks Milk</p> |
| <p align="center">9</p> <p align="center">Ham and Cheese Sandwich Lettuce Whole Grain Bread Coleslaw Pineapple Milk</p> | <p align="center">10</p> <p align="center">Grilled Chicken Sandwich Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce Milk</p> | <p align="center">11</p> <p align="center">Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk</p> | <p align="center">12</p> <p align="center">Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk</p> | <p align="center">13</p> <p align="center">Egg Salad Sandwich Croissant Pasta Salad Carrot Sticks Apple Sauce Milk</p> |
| <p align="center">16</p> <p align="center">Chicken Salad Croissant Grapes/Celery/Onions/Lettuce Coleslaw Banana Milk</p> | <p align="center">17</p> <p align="center">Chicken Leg Roll Cucumber & Tomato Salad Peaches Milk</p> | <p align="center">18</p> <p align="center">Roast Beef Sandwich Lettuce & Cheddar Cheese Whole Wheat Bread Pasta Veggie Salad Carrot Sticks Pears Milk</p> | <p align="center">19</p> <p align="center">Corned Beef and Swiss Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit Milk</p> | <p align="center">20</p> <p align="center">Tuna Salad Croissant Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges 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">Ham and Cheese Sandwich Lettuce Whole Grain Bread Coleslaw Pineapple Milk</p> | <p align="center">25</p> <p align="center">Italian Sub Sandwich Lettuce & American Cheese Sub Bun Three Bean Salad Orange Milk</p> | <p align="center">26</p> <p align="center">Sliced Turkey Sandwich Lettuce & Provolone Cheese Whole Wheat Bread Potato Salad Fruit Cocktail Milk</p> | <p align="center">27</p> <p align="center">Peanut Butter & Jelly Sandwich Whole Wheat Bread Potato Salad Apple Carrot Sticks Milk</p> |
| <p align="center">30</p> <p align="center">Egg Salad Sandwich Croissant Pasta Salad Carrot Sticks Apple Sauce Milk</p> | <p align="center">31</p> <p align="center">Chicken Leg Roll Cucumber & Tomato Salad Peaches Milk</p> | | | |