









**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 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">Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana</p>	<p align="center">2</p> <p align="center">Chili Dog w/ onion Bun & Mustard Packet Lays Potato Chips Baked Beans Coleslaw Apple Pie</p>	<p align="center">3 CLOSED</p> 
<p align="center">6</p> <p align="center">Chicken & Dumplings w/ Peas & Carrots Broccoli Whole Grain Bread Apple</p>	<p align="center">7</p> <p align="center">Meatloaf w/gravy Mashed Potatoes Green Beans Dinner Roll Pears</p>	<p align="center">8</p> <p align="center">Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana</p>	<p align="center">9</p> <p align="center">Chicken Pot Pie Biscuit Crust Tossed Salad Mixed Vegetables Pineapple</p>	<p align="center">10</p> <p align="center">Stuffed Peppers Au Gratin Potatoes Carrots Whole Wheat Bread Mandarin Oranges</p>
<p align="center">13</p> <p align="center">Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple</p>	<p align="center">14</p> <p align="center"><u>POTLUCK</u> Grilled Turkey Burger</p>	<p align="center">15</p> <p align="center">Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana</p>	<p align="center">16</p> <p align="center">Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears</p>	<p align="center">17</p> <p align="center">Baked Cod Macaroni & Cheese Brussel Sprouts Whole Wheat Bread Mandarin Oranges</p>
<p align="center">20</p> <p align="center">Chicken Leg Mashed Potatoes Peas & Carrots Dinner Roll Apple</p>	<p align="center">21</p> <p align="center">Beef Goulash Italian Vegetables Tossed Salad Breadstick Peaches</p>	<p align="center">22</p> <p align="center">Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Croissant Banana</p>	<p align="center">23</p> <p align="center">Sweet & Sour Meatballs White Rice Oriental Vegetables Dinner Roll Pineapple</p>	<p align="center">24</p> <p align="center">Pulled BBQ Chicken Sandwich Hamburger Bun Potato Wedges Brussel Sprouts Mandarin Oranges</p>
<p align="center">27</p> <p align="center">Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Apple</p>	<p align="center">28</p> <p align="center"><u>THEME</u> Chicken Ala King Biscuit White Rice Carrots Pineapple</p>	<p align="center">29</p> <p align="center">Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana</p>	<p align="center">30</p> <p align="center">Beef Lasagna Italian Vegetables Tossed Salad Breadstick Pears</p>	<p align="center">31</p> <p align="center">Golden Crispy Chicken Au Gratin Potatoes Spinach Whole Grain Bread Mandarin Oranges</p>

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS
2026 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">Egg Salad Croissant Veggie Pasta Salad Carrot Sticks Apple Sauce</p>	<p align="center">2</p> <p align="center">Corned Beef Sandwich w/Swiss Cheese Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit</p>	<p align="center">3 CLOSED</p> 
<p align="center">6</p> <p align="center">Chicken Salad Croissant Grapes/ Celery / Onions / Lettuce Veggie Pasta Salad Carrot Sticks Banana</p>	<p align="center">7</p> <p align="center">Roast Beef Sandwich w/ Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears</p>	<p align="center">8</p> <p align="center">Ham & Cheese Sandwich w/ Lettuce Whole Grain Bread Three Bean Salad Pineapple</p>	<p align="center">9</p> <p align="center">Grilled Chicken Sandwich w/ Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce</p>	<p align="center">10</p> <p align="center">Tuna Salad Croissant w/ Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges</p>
<p align="center">13</p> <p align="center">Chicken Caesar Wrap w/ Lettuce Tortilla Wrap Three Bean Salad Mixed Fruit</p>	<p align="center">14</p> <p align="center">Sliced Turkey Sandwich w/ Provolone Cheese & Lettuce Whole Wheat Bread Potato Salad Fruit Cocktail</p>	<p align="center">15</p> <p align="center">Italian Sub Sandwich Lettuce / Cheese Sub Bun Coleslaw Banana</p>	<p align="center">16</p> <p align="center">Chicken Leg Roll Cucumber & Tomato Salad Peaches</p>	<p align="center">17</p> <p align="center">Egg Salad Croissant Veggie Pasta Salad Carrot Sticks Apple Sauce</p>
<p align="center">20</p> <p align="center">Corned Beef Sandwich w/Swiss Cheese Whole Wheat Bread Thousand Island Dressing Coleslaw Mixed Fruit</p>	<p align="center">21</p> <p align="center">Chicken Salad Croissant Grapes/ Celery / Onions / Lettuce Veggie Pasta Salad Carrot Sticks Banana</p>	<p align="center">22</p> <p align="center">Roast Beef Sandwich w/ Lettuce & Cheddar Cheese Whole Wheat Bread Macaroni Salad Pears</p>	<p align="center">23</p> <p align="center">Ham & Cheese Sandwich w/ Lettuce Whole Grain Bread Three Bean Salad Pineapple</p>	<p align="center">24</p> <p align="center">Grilled Chicken Sandwich w/ Lettuce & Cheese Whole Wheat Bun Potato Salad Apple Sauce</p>
<p align="center">27</p> <p align="center">Tuna Salad Croissant w/ Lettuce Veggie Pasta Salad Carrot Sticks Mandarin Oranges</p>	<p align="center">28</p> <p align="center">Chicken Caesar Wrap w/ Lettuce Tortilla Wrap Three Bean Salad Mixed Fruit</p>	<p align="center">29</p> <p align="center">Sliced Turkey Sandwich w/ Provolone Cheese & Lettuce Whole Wheat Bread Potato Salad Fruit Cocktail</p>	<p align="center">30</p> <p align="center">Italian Sub Sandwich Lettuce / Cheese Sub Bun Coleslaw Banana</p>	<p align="center">31</p> <p align="center">Chicken Leg Roll Cucumber & Tomato Salad Peaches</p>