

**SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
2026 OCTOBER MENU - NOVI HOT LUNCH**

|                                                                                                                                                                                         |                                                                                      |                                                                                                                      |                                                                                                                           |                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                        | <b>PAYMENT DUE WITH ORDER<br/>HOT LUNCH \$4.00</b>                                   |                                    | <b>PLEASE CALL 24 HOURS IN<br/>ADVANCE TO CANCEL MEALS<br/>248-347-0489<br/>MENU SUBJECT TO CHANGE<br/>WITHOUT NOTICE</b> |                                             |
|                                                                                                                                                                                         |                                                                                      |                                                                                                                      | <u><b>Thursday</b></u><br><b>10/1/2026</b>                                                                                | <u><b>Friday</b></u><br><b>10/2/2026</b>                                                                                       |
|                                                                                                                                                                                         |                                                                                      |                                                                                                                      | Beef Lasagna<br>Italian Vegetables<br>Tossed Salad<br>Breadstick<br>Apple Sauce                                           | Baked Cod<br>Macaroni & Cheese<br>Brussel Sprouts<br>Whole Wheat Bread<br>Mandarin Oranges                                     |
| <u><b>Monday</b></u><br><b>10/5/2026</b>                                                                                                                                                | <u><b>Tuesday</b></u><br><b>10/6/2026</b>                                            | <u><b>Wednesday</b></u><br><b>10/7/2026</b>                                                                          | <u><b>Thursday</b></u><br><b>10/8/2026</b>                                                                                | <u><b>Friday</b></u><br><b>10/9/2026</b>                                                                                       |
| Chicken Leg<br>Roasted Sweet Potatoes<br>Peas & Carrots<br>Dinner Roll<br>Apple<br>0                                                                                                    | Beef Goulash<br>Italian Vegetables<br>Tossed Salad<br>Breadstick<br>Peaches<br>0     | Chef Salad Plate<br>w/ham, turkey & egg<br>Mixed Greens<br>Pita Bread<br>Banana                                      | Sweet & Sour Meatballs<br>White Rice<br>Oriental Vegetables<br>Dinner Roll<br>Mixed Fruit<br>0                            | Pulled BBQ Chicken Sandwich<br>Hamburger Bun<br>Potato Wedges<br>Brussel Sprouts<br>Mandarin Oranges<br>0                      |
| <u><b>Monday</b></u><br><b>10/12/2026</b>                                                                                                                                               | <u><b>Tuesday</b></u><br><b>10/13/2026</b>                                           | <u><b>Wednesday</b></u><br><b>10/14/2026</b>                                                                         | <u><b>Thursday</b></u><br><b>10/15/2026</b>                                                                               | <u><b>Friday</b></u><br><b>10/16/2026</b>                                                                                      |
| CLOSED<br>                                                                                             | Macaroni & Cheese<br>Stewed Tomatoes<br>Green Beans<br>Dinner Roll<br>Apple<br>0     | Chicken Salad Plate<br>w/celery, grapes & onions<br>Mixed Greens<br>Croissant<br>Banana<br>0                         | Spaghetti w/ Meat Sauce<br>Italian Vegetables<br>Tossed Salad<br>Breadstick<br>Pineapple<br>0                             | Golden Crispy Chicken<br>Au Gratin Potatoes<br>Spinach<br>Whole Grain Bread<br>Mandarin Oranges<br>0                           |
| <u><b>Monday</b></u><br><b>10/19/2026</b>                                                                                                                                               | <u><b>Tuesday</b></u><br><b>10/20/2026</b>                                           | <u><b>Wednesday</b></u><br><b>10/21/2026</b>                                                                         | <u><b>Thursday</b></u><br><b>10/22/2026</b>                                                                               | <u><b>Friday</b></u><br><b>10/23/2026</b>                                                                                      |
| Sloppy Joe<br>Hamburger Bun<br>Three Bean Salad<br>Carrots<br>Apple<br>0                                                                                                                | Chicken Parmesan<br>Noodles<br>Italian Vegetables<br>Tossed Salad<br>Pears<br>0      | Maurice Salad<br>w/ham, turkey, cheese, pickles<br>Mixed Greens<br>Dinner Roll<br>Banana<br>0                        | Italian Meatball Sub<br>Sub Bun<br>Mixed Vegetables<br>Coleslaw<br>Peaches<br>0                                           | Chicken Ala King<br>Green Beans<br>White Rice<br>Biscuit<br>Mandarin Oranges<br>0                                              |
| <u><b>Monday</b></u><br><b>10/26/2026</b>                                                                                                                                               | <u><b>Tuesday</b></u><br><b>10/27/2026</b>                                           | <u><b>Wednesday</b></u><br><b>10/28/2026</b>                                                                         | <u><b>Thursday</b></u><br><b>10/29/2026</b>                                                                               | <u><b>Friday</b></u><br><b>10/30/2026</b>                                                                                      |
| Beef & Bean Burrito<br>w/ tortilla<br>Corn<br>Spanish Rice<br>Apple<br>0                                                                                                                | Chicken Tenders (2)<br>Coleslaw<br>Green Beans<br>Wedge Potatoes<br>Mixed Fruit<br>0 | Cheeseburger Salad<br>Pickles, cheese, tomatoes<br>Thousand Island Dressing<br>Mixed Greens<br>Dinner Roll<br>Banana | Vegetable Lasagna<br>Italian Vegetables<br>Tossed Salad<br>Breadstick<br>Apple Sauce<br>0                                 | Halloweenie<br>Hot Dog Bun<br>Boo Baked Beans<br>Vampire Veggies (Mixed Vegetable)<br>Mandarin Oranges<br>Pumpkin Sugar Cookie |
| 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 |                                                                                      |                                                                                                                      |                                                                                                                           |                                                                                                                                |