



2245 S. State, Ann Arbor, MI 48104

Meals on Wheels, August 2026

<u>3 Monday</u>	<u>4 Tuesday</u>	<u>5 Wednesday</u>	<u>6 Thursday</u>	<u>7 Friday</u>
	Entree: Mediterranean chicken		Entree: Meatloaf	
	Menu Item		Menu Item	
	Mediterranean chicken		Meatloaf	
	Rice		Mashed potato	
	Bread		Wheat bread	
	Garden vegetable blend		Mixed vegetables	
	Papaya/mango		Mixed fruit	
	Low fat milk		Low fat milk	
	Margarine		Margarine	
Alternate Meal				
	Turkey Barley Soup		Chili	
Snack				
	Diabetic Friendly Muffin		Egg Bites	
<u>10 Monday</u>	<u>11 Tuesday</u>	<u>12 Wednesday</u>	<u>13 Thursday</u>	<u>14 Friday</u>
	Entree: Roasted Turkey		Chicken Parmesean	
	Menu Item		Menu Item	
	Roasted Turkey		Chicken Parmesean	
	Mashed potatoes		Wheat bread	
	Wheat bread		Green beans	
	Broc/cauliflower/carrot blend		Apple	
	Trop. Fruit salad		Low fat milk	
	Low fat milk		Margarine	
	Margarine			
Alternate Meal				
	Turkey Sandwich		Chicken Noodle	
Snack				
	Protein Popcorn		Graze Kit	
<u>17 Monday</u>	<u>18 Tuesday</u>	<u>19 Wednesday</u>	<u>20 Thursday</u>	<u>21 Friday</u>
	Chicken Lentil Soup		Tuna Noodle Casserole	
	Menu Item		Menu Item	
	Chicken Lentil Soup		Tuna Noodle Casserole	
	WW Roll		Wheat Bread	
	Crackers		Malibu Blend Veggies	
	Vegetables in Soup		Papaya and Mango	
	Side Salad		Low fat milk	
	Pineapple		Margarine	No
	Low fat milk		FF Italian dressing	
	FF Dressing			
Alternate Meal				
	Roast Beef Sandwich		Turkey Barley	
Snack				
	Banana and Yogurt		Trail Mix	
<u>24 Monday</u>	<u>25 Tuesday</u>	<u>26 Wednesday</u>	<u>27 Thursday</u>	<u>28 Friday</u>
	Herb Roasted Chicken Thigh		Chicken Tenders	
	Menu Item		Menu Item	
	Herb Roasted Chicken thigh		Chicken Tenders	
	WW Roll		WW Roll	
	WW Crackers		Green Beans	
	Mashed Potatoes		Quinoa	
	Green beans		Peaches	
	Diced Peas		Low fat milk	
	Low fat milk		Margarine	
	Margarine			
Alternate Meal				
	Chicken Chili		Chicken Noodle	
Snack				
	Apple Chips and Yogurt		Cottage Cheese and Cherry Tomatoes	
<u>31 Monday</u>				
Alternate Meal				
Snack				

No Lunch service on August 25 & 27 due to the KaBOOM! project. Center will be closed.