2245 S. State, Ann Arbor, MI 48104

Meals on Wheels, October 2026

			1 Thursday	2 Friday
			Entree: Meatloaf	
			Menu Item	
			Meatloaf	
			Mashed potato	
			Wheat bread	
			Mixed vegetables	
			Mixed fruit	
			Low fat milk	
			Margarine	
		Alternate Meal		
			Chili	
		Snack		
			Egg Bites	
5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday
	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	
12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday
	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	
	Low fat milk		FF Italian dressing	
	FF Dressing			
		Alternate Meal		
	Roast Beef Sandwich		Turkey Barley	
		Snack		
	Banana and Yogurt		Trail Mix	
19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
	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 Pears		Low fat milk	
	Low fat milk		Margarine	
	Margarine			
		Alternate Meal		
	Chicken Chili		Chicken Noodle	
		Snack		
	Apple Chips and Yogurt		Lemon Oat Protein Bar	
26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
	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		
	BB Brownie		Egg Bites	