



2245 S. State, Ann Arbor, MI 48104

Meals on Wheels, September 2026

	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	Entrée: Pot Roast		Entree: Chicken Pasta/veggies	
	Menu Item		Menu Item	
	Pot Roast		Chicken Pasta with Veggies	
	Roasted sweet potato		Wheat bread	
	Wheat bread		Veggie in pasta	
	California blend		Broccoli/Cauliflower	
	Gala apple		Mandarin Oranges	
	Low fat milk		Low fat milk	
	Margarine		Margarine	
	Alternate Meal			
	Turkey Barley Soup		Chili	
	Snack			
	Diabetic Friendly Muffin		Egg Bites	
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
	Entree: Chicken Wild Rice		Salisbury steak	
	Menu Item		Menu Item	
	Chicken Wild Rice Soup		Salisbury steak	
	Potato salad		Rosemary roasted potatoes	
	Creamy coleslaw		Wheat bread	
	Diced veggies in soup		Mixed vegetables	
	Mandarin Oranges		Pineapple	
	Low fat milk		Low fat milk	
	Biscuit		Margarine	
	Alternate Meal			
	Turkey Sandwich		Chicken Noodle	
	Snack			
	Protein Popcorn		Graze Kit	
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
	Stir Fry Steak		Entree: Vegetable Lasagna	
	Menu Item		Menu Item	
	Stir fry steak		Vegetable Lasagna	
	Brown Rice		Wheat bread	
	Wheat bread		Baby carrots	
	Oriental vegetables		Mandarin oranges	
	Mixed fruit		Low fat milk	
	Low fat milk		Margarine	
	Margarine			
	Alternate Meal			
	Roast Beef Sandwich		Turkey Barley	
	Snack			
	Banana and Yogurt		Trail Mix	
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
	Entree: Maple Glazed Chicken		Sloppy Joe Mix	
	Menu Item		Menu Item	
	Maple glazed chicken		Sloppy Joe Mix	
	Crackers		WW Bun	
	Wheat bread		Baby Carrots	
	Cooked cabbage		Mixed fruit	
	Roasted redskin potatoes		Low fat milk	
	Peaches		FF Dressing	
	Low fat milk			
	Margarine			
	Alternate Meal			
	Chicken Chili		Chicken Noodle	
	Snack			
	Apple Chips and Yogurt		Cottage Cheese and Cherry Tomatoes	
28 Monday	29 Tuesday	30 Wednesday		
	Entrée: Pot Roast			
	Menu Item			
	Pot Roast			
	Roasted sweet potato			
	Wheat bread			
	California blend			
	Gala apple			
	Low fat milk			
	Margarine			
	Alternate Meal			
	Turkey Barley Soup			
	Snack			
	Diabetic Friendly Muffin			