

Livingston County & Western Oakland Meals on Wheels - May 2021 Menu

Monday <u>5/3/2021</u>	Tuesday <u>5/4/2021</u>	Wednesday <u>5/5/2021</u>	Thursday <u>5/6/2021</u>	Friday <u>5/7/2021</u>
BBQ Ribs Tossed Salad Peas & Carrots Apple Sauce Whole Grain Bread 0	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Fajitas Chicken Strips Refried Beans Cheese, Salsa, Sour Cream Tropical Fruit Soft Tortilla Shells (2) Dessert	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Apple 0	Cheese & Broccoli Quiche Sausage Links (2) Low Sodium V-8 Juice Fresh Mixed Fruit Muffin 0
Monday <u>5/10/2021</u>	Tuesday <u>5/11/2021</u>	Wednesday <u>5/12/2021</u>	Thursday <u>5/13/2021</u>	Friday <u>5/14/2021</u>
Macaroni & Cheese Stewed Tomatoes Green Beans Apple Bread Stick 0	Beef Stroganoff Noodles Broccoli Peaches Dinner Roll 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Chicken Chili Blended Vegetables Tossed Salad Pears Oyster Crackers Dessert 0	Italian Meatball Sub Sub Bun Wedge Potatoes Italian Beans Orange 0
Monday <u>5/17/2021</u>	Tuesday <u>5/18/2021</u>	Wednesday <u>5/19/2021</u>	Thursday <u>5/20/2021</u>	Friday <u>5/21/2021</u>
Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce 0	Grilled Chicken Sandwich 3 Bean Salad Hamburger Bun Mixed Fruit Wedge Potatoes 0	Taco Salad lettuce, cheese, tomatoes Taco Sauce Tortilla Chips Banana Dessert	Vegetable Lasagna Tossed Salad Italian Vegetables Orange Bread Stick Dessert 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Dinner Roll 0
Monday <u>5/24/2021</u>	Tuesday <u>5/25/2021</u>	Wednesday <u>5/26/2021</u>	Thursday <u>5/27/2021</u>	Friday <u>5/28/2021</u>
Beef Goulash Blended Vegetables Tossed Salad Peaches Garlic Bread 0	Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Pineapple 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana Dessert	Chicken & Dumplings Tossed Salad Green Peas Pears Dinner Roll Dessert 0	Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Apple 0
Monday <u>5/31/2021</u>	Tuesday <u>6/1/2021</u>	Wednesday <u>6/2/2021</u>	Thursday <u>6/3/2021</u>	Friday <u>6/4/2021</u>
CLOSED Frozen Delivered Wednesday 5/26 0 0 0	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit 0	Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Stuffed Peppers Mashed Potatoes Green Beans Whole Grain Bread Apple Dessert	Baked Cod Macaroni & Cheese Brussel Sprouts Pears Tartar Sauce Dinner Roll

PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
810-632-2155

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

HALF PINT OF MILK
SERVED WITH EVERY MEAL

COST SHARE \$3.00/MEAL

MONDAY 5/31
NO MEALS DELIVERED
FROZEN DELIVERED
WEDNESDAY 5/26