

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

<u>Monday</u> 7/5/2021	<u>Tuesday</u> 7/6/2021	<u>Wednesday</u> 7/7/2021	<u>Thursday</u> 7/8/2021	<u>Friday</u> 7/9/2021
CLOSED Frozen Delivered Wednesday 6/30 0 0 0	Salisbury Steak Mashed Potatoes Peas and Carrots Pears Dinner Roll 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana Dessert	Pulled BBQ Chicken Sandwich Wedge Potatoes Carrot & Raisin Salad Mixed Fruit Hamburger Bun	Polish Sausage Sauerkraut Whole Potatoes & Carrots Hot Dog Bun Apple Sauce Dessert
Monday 7/12/2021	Tuesday 7/13/2021	Wednesday 7/14/2021	Thursday 7/15/2021	Friday 7/16/2021
Macaroni & Cheese Stewed Tomatoes Green Beans Orange Dinner Roll 0	BBQ Chicken Leg Potato Salad Peas Pineapple Whole Grain Bread 0	Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Chicken Chili Blended Vegetables Tossed Salad Pears Oyster Crackers Dessert	Hamburger w/cheese Hamburger Bun Pasta Salad Carrots Apple 0
Monday 7/19/2021	Tuesday 7/20/2021	Wednesday 7/21/2021	Thursday 7/22/2021	Friday 7/23/2021
Italian Meatball Sub Sub Bun Coleslaw Italian Vegetables Orange 0	Grilled Chicken Sandwich 3 Bean Salad Hamburger Bun Mixed Fruit Wedge Potatoes 0	Greek Chicken Salad w/beets, onions, olives feta & mixed greens Pita Bread Banana Dessert	Beef Stroganoff Noodles Broccoli Peaches Dinner Roll Dessert	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce
Monday 7/26/2021	Tuesday 7/27/2021	Wednesday 7/28/2021	Thursday 7/29/2021	Friday 7/30/2021
Beef Goulash Blended Vegetables Peaches Garlic Bread 0 0	Vegetable Lasagna Tossed Salad Italian Vegetables Orange Bread Stick 0	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Meatloaf w/gravy Red Skin Potatoes Peas & Carrots Whole Grain Bread Apple Dessert	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Dinner Roll 0
Monday 8/2/2021	Tuesday 8/3/2021	Wednesday 8/4/2021	Thursday 8/5/2021	Friday 8/6/2021
Chicken & Dumplings Coleslaw Corn Pears Dinner Roll 0	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Stuffed Peppers Mashed Potatoes Green Beans Whole Grain Bread Peaches Dessert	Grilled Turkey Burger Hamburger Bun Baked Beans Cucumber Salad Apple 0

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 7/5

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 6/30