

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

| <u>Monday</u> <u>10/4/2021</u> | <u>Tuesday</u> <u>10/5/2021</u> | <u>Wednesday</u> <u>10/6/2021</u> | <u>Thursday</u> <u>10/7/2021</u> | <u>Friday</u> <u>10/8/2021</u> |
|--|--|---|--|--|
| Beef Goulash Blended Vegetables Tossed Salad Peaches Garlic Bread 0 | Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Apple 0 | Chicken & Dumplings Tossed Salad Broccoli Pears Dinner Roll Dessert | Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert | Stuffed Peppers Washed Potatoes Green Beans Whole Grain Bread Orange 0 |
| <u>Monday</u> <u>10/11/2021</u> | <u>Tuesday</u> <u>10/12/2021</u> | <u>Wednesday</u> <u>10/13/2021</u> | <u>Thursday</u> <u>10/14/2021</u> | <u>Friday</u> <u>10/15/2021</u> |
| Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Pineapple 0 | Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit | Beef Lasagna Italian Vegetables Tossed Salad Orange Garlic Bread Dessert | Greek Chicken Salad w/beets, onions, olives feta & mixed greens Pita Bread Banana Dessert | Baked Cod Macaroni & Cheese Brussel Sprouts Apple Dinner Roll 0 |
| <u>Monday</u> <u>10/18/2021</u> | <u>Tuesday</u> <u>10/19/2021</u> | <u>Wednesday</u> <u>10/20/2021</u> | <u>Thursday</u> <u>10/21/2021</u> | <u>Friday</u> <u>10/22/2021</u> |
| Beef Stew Stew Vegetables in Stew Potatoes in Stew Orange Dinner Roll 0 | Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple 0 | Country Fried Steak Mashed Potatoes Broccoli Pears Whole Grain Bread Dessert | Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert | Swedish Meatballs & Rice Peas & Carrots Tossed Salad Pineapple Dinner Roll 0 |
| <u>Monday</u> <u>10/25/2021</u> | <u>Tuesday</u> <u>10/26/2021</u> | <u>Wednesday</u> <u>10/27/2021</u> | <u>Thursday</u> <u>10/28/2021</u> | <u>Friday</u> <u>10/29/2021</u> |
| Beef Chili Corn Fruit Cocktail Oyster Crackers 0 0 | Fish Sticks Green Beans Macaroni & Cheese Peaches Breadstick 0 | Spaghetti & Meatballs Tossed Salad Blended Vegetables Garlic Bread Apple Dessert | Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert | Halloweenies Hot Dog Bun Boo Baked Beans Creepy Cole Slaw Orange Pumpkin Sugar Cookie |
| <u>Monday</u> <u>11/1/2021</u> | <u>Tuesday</u> <u>11/2/2021</u> | <u>Wednesday</u> <u>11/3/2021</u> | <u>Thursday</u> <u>11/4/2021</u> | <u>Friday</u> <u>11/5/2021</u> |
| Golden Crispy Chicken Mashed Sweet Potatoes Spinach Pears Whole Grain Bread 0 | Stuffed Cabbage Mashed Potatoes Peas Dinner Roll Banana 0 | Chicken Fettucini Alfredo Tossed Salad Broccoli Peaches Breadstick Dessert | Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Orange Dessert | Sloppy Joe Hamburger Bun Carrots Apple Three Bean Salad 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