

Livingston County & Western Oakland Meals on Wheels - February 2022 Menu

<u>Monday</u> <u>1/31/2022</u>	<u>Tuesday</u> <u>2/1/2022</u>	<u>Wednesday</u> <u>2/2/2022</u>	<u>Thursday</u> <u>2/3/2022</u>	<u>Friday</u> <u>2/4/2022</u>
Ground Beef Stroganoff Noodles Broccoli Orange Dinner Roll 0	Chicken & Dumplings Tossed Salad Mixed Vegetables Pears Whole Wheat Bread 0	Roast Beef w/gravy Mashed Potatoes Green Beans Dinner Roll Banana Dessert	Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Pineapple Dessert	Stuffed Peppers New Potatoes Peas & Carrots Whole Grain Bread Apple 0
<u>Monday</u> <u>2/7/2022</u> Beef Stew Stew Vegetables & Potatoes in Stew Green Beans Banana Dinner Roll	<u>Tuesday</u> <u>2/8/2022</u> Baked Cod Macaroni & Cheese Brussel Sprouts Pears Whole Wheat Bread 0	<u>Wednesday</u> <u>2/9/2022</u> Country Fried Steak Mashed Potatoes Broccoli Pineapple Whole Grain Bread Dessert	<u>Thursday</u> <u>2/10/2022</u> Swedish Meatballs & Rice Corn Cole Slaw Orange Dinner Roll Dessert	<u>Friday</u> <u>2/11/2022</u> Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple 0
<u>Monday</u> <u>2/14/2022</u> Spaghetti & Meatballs Italian Vegetables Banana Dinner Roll Heart Sugar Cookie 0	<u>Tuesday</u> <u>2/15/2022</u> Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit	<u>Wednesday</u> <u>2/16/2022</u> Chicken Fettucini Alfredo Tossed Salad Broccoli Peaches Breadstick Dessert	<u>Thursday</u> <u>2/17/2022</u> Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pineapple 0	<u>Friday</u> <u>2/18/2022</u> Golden Crispy Chicken Mashed Sweet Potatoes Spinach Pears Whole Grain Bread 0
<u>Monday</u> <u>2/21/2022</u> Pulled BBQ Chicken Sandwich Potato Salad Brussel Sprouts Mixed Fruit Hamburger Bun 0	<u>Tuesday</u> <u>2/22/2022</u> Polish Sausage Sauerkraut Whole Potatoes Apple Sauce Hot Dog Bun 0	<u>Wednesday</u> <u>2/23/2022</u> Sloppy Joe Hamburger Bun Carrots Banana Three Bean Salad Dessert	<u>Thursday</u> <u>2/24/2022</u> Spinach & Cheese Ravioli Italian Vegetables Tossed Salad Garlic Bread Orange Dessert	<u>Friday</u> <u>2/25/2022</u> Copper Country Pie Mixed Vegetables Corn Bread Topping Cole Slaw Apple 0
<u>Monday</u> <u>2/28/2022</u> Chicken Leg Potatoe Wedges Peas and Carrots Pears Dinner Roll 0	<u>Tuesday</u> <u>3/1/2022</u> Stuffed Steak Mashed Potatoes Broccoli Banana Whole Grain Bread 0	<u>Wednesday</u> <u>3/2/2022</u> Macaroni & Cheese Stewed Tomatoes Green Beans Orange Breadstick Dessert	<u>Thursday</u> <u>3/3/2022</u> Beef Chili Corn Fruit Cocktail Oyster Crackers Dessert 0	<u>Friday</u> <u>3/4/2022</u> Fish Sticks Mixed Vegetables Macaroni Salad Apple Dinner Roll 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