

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

<u>Monday</u> 7/4/2022	<u>Tuesday</u> 7/5/2022	<u>Wednesday</u> 7/6/2022	<u>Thursday</u> 7/7/2022	<u>Friday</u> 7/8/2022
CLOSED Frozen Delivered Wednesday 6/29 0 0 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Apple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Sauce Tartar Sauce Dessert	Spaghetti & Meatballs Tossed Salad Blended Vegetables Garlic Toast Orange 0
<u>Monday</u> 7/11/2022	<u>Tuesday</u> 7/12/2022	<u>Wednesday</u> 7/13/2022	<u>Thursday</u> 7/14/2022	<u>Friday</u> 7/15/2022
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread 0	Sloppy Joe Hamburger Bun Wedge Potatoes Pineapple Three Bean Salad 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana Dessert	Pulled BBQ Chicken Sandwich Potato Salad Brussel Sprouts Peas Hamburger Bun Dessert	Cheese Baked Mostaccioli Tossed Salad Italian Vegetables Garlic Toast Orange 0
<u>Monday</u> 7/18/2022	<u>Tuesday</u> 7/19/2022	<u>Wednesday</u> 7/20/2022	<u>Thursday</u> 7/21/2022	<u>Friday</u> 7/22/2022
Polish Sausage Sauerkraut Whole Potatoes Hot Dog Bun Apple 0	Beef Ravioli Italian Vegetables Tossed Salad Garlic Bread Peaches 0	Greek Chicken Salad w/beets, onions, olives feta & mixed greens Pita Bread Banana Dessert	Chicken Fettucini Alfredo Tossed Salad Broccoli Mixed Fruit Breadstick Dessert	Copper Country Pie Mixed Vegetables Corn Bread Topping Cole Slaw Orange 0
<u>Monday</u> 7/25/2022	<u>Tuesday</u> 7/26/2022	<u>Wednesday</u> 7/27/2022	<u>Thursday</u> 7/28/2022	<u>Friday</u> 7/29/2022
Chicken Fingers (2) Cole Slaw Apple Green Beans Wedge Potatoes 0	Macaroni & Cheese Stewed Tomatoes Green Beans Pineapple Dinner Roll 0	Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Chicken Ala King Broccoli Apple Sauce Biscuit Dessert 0	Italian Meatball Sub Sub Bun Coleslaw Italian Vegetables Orange 0
<u>Monday</u> 8/1/2022	<u>Tuesday</u> 8/2/2022	<u>Wednesday</u> 8/3/2022	<u>Thursday</u> 8/4/2022	<u>Friday</u> 8/5/2022
Swiss Steak Peas & Carrots Apple Mashed Potatoes Whole Grain Bread 0	Chicken Chili Blended Vegetables Tossed Salad Peaches Oyster Crackers 0	Chicken Fajita Strip Salad Mixed Greens Cheese, Tomatoes Tortilla Chips Banana Dessert	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Pears Dessert	Chicken Leg Potato Wedges Peas and Carrots Orange 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

MONDAY 7/4
NO MEALS DELIVERED
(FROZEN DELIVERED 6/29)

Our site is funded in whole or in part by the Federal Older American's Act and the AASA through the Area Agency on Aging 1-B. We comply with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer. Reasonable accommodation will be provided upon request.