

# Livingston County & Western Oakland Meals on Wheels - June 2022 Menu

<u>Monday</u> <u>6/16/2022</u>	<u>Tuesday</u> <u>6/17/2022</u>	<u>Wednesday</u> <u>6/18/2022</u>	<u>Thursday</u> <u>6/19/2022</u>	<u>Friday</u> <u>6/20/2022</u>
Meatloaf w/gravy Mashed Potatoes Peas & Carrots Whole Grain Bread Apple 0	Baked Ham Scalloped Potatoes Corn Peaches Dinner Roll 0	Maurice Salad w/ham, turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Beef Goulash Blended Vegetables Tossed Salad Pineapple Garlic Bread Dessert 0	Stuffed Peppers Mashed Potatoes Green Beans Whole Grain Bread Orange 0
<u>Monday</u> <u>6/13/2022</u>	<u>Tuesday</u> <u>6/14/2022</u>	<u>Wednesday</u> <u>6/15/2022</u>	<u>Thursday</u> <u>6/16/2022</u>	<u>Friday</u> <u>6/17/2022</u>
Chicken & Dumplings Coleslaw Green Peas Apple Dinner Roll 0	Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Chicken Fajita Strip Salad Mixed Greens Cheese, Tomatoes Tortilla Chips Banana Dessert	Grilled Turkey Burger Hamburger Bun Baked Beans Macaroni Salad Apple Sauce 0	Roast Beef w/Gravy Mashed Potatoes Green Beans Dinner Roll Orange Dessert
<u>Monday</u> <u>6/20/2022</u>	<u>Tuesday</u> <u>6/21/2022</u>	<u>Wednesday</u> <u>6/22/2022</u>	<u>Thursday</u> <u>6/23/2022</u>	<u>Friday</u> <u>6/24/2022</u>
Baked Cod Macaroni & Cheese Brussel Sprouts Apple Dinner Roll 0	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Beef Stew Stew Vegetables in Stew Potatoes in Stew Tossed Salad Peaches Dinner Roll	Country Fried Steak Mashed Potatoes Carrots Orange Whole Grain Bread 0
<u>Monday</u> <u>6/27/2022</u>	<u>Tuesday</u> <u>6/28/2022</u>	<u>Wednesday</u> <u>6/29/2022</u>	<u>Thursday</u> <u>6/30/2022</u>	<u>Friday</u> <u>7/1/2022</u>
Beef Chili Carrots Broccoli Apple Cornbread 0	Chicken Parmesan Noodles Tossed Salad Pineapple Italian Vegetables 0	Taco Salad lettuce, cheese, tomatoes Taco Sauce Tortilla Chips Banana Dessert	Swedish Meatballs & Rice Mixed Vegetables Tossed Salad Pears Dinner Roll 0	Hot Dog Bun Lays Potato Chips Baked Beans Cole Slaw Apple Pie
<u>Monday</u> <u>7/4/2022</u>	<u>Tuesday</u> <u>7/5/2022</u>	<u>Wednesday</u> <u>7/6/2022</u>	<u>Thursday</u> <u>7/7/2022</u>	<u>Friday</u> <u>7/8/2022</u>
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

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.