

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

Monday <u>9/5/2022</u>	Tuesday <u>9/6/2022</u>	Wednesday <u>9/7/2022</u>	Thursday <u>9/8/2022</u>	Friday <u>9/9/2022</u>
CLOSED Frozen Delivered Wednesday 8/31 0 0 0	Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll 0	Greek Chicken Salad w/beets, onions, olives feta & mixed greens Pita Bread Banana Dessert	Spaghetti & Meatballs Tossed Salad Blended Vegetables Garlic Bread Pears Dessert	Golden Crispy Chicken Mashed Sweet Potatoes Spinach Orange Whole Grain Bread 0
<b>Monday</b> <b>9/12/2022</b>	<b>Tuesday</b> <b>9/13/2022</b>	<b>Wednesday</b> <b>9/14/2022</b>	<b>Thursday</b> <b>9/15/2022</b>	<b>Friday</b> <b>9/16/2022</b>
Pulled BBQ Chicken Sandwich Potato Salad Brussel Sprouts Apple Hamburger Bun	Swedish Meatballs & Rice Corn Tossed Salad Mixed Fruit Dinner Roll 0	Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple Sauce Dessert	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Orange 0
<b>Monday</b> <b>9/19/2022</b>	<b>Tuesday</b> <b>9/20/2022</b>	<b>Wednesday</b> <b>9/21/2022</b>	<b>Thursday</b> <b>9/22/2022</b>	<b>Friday</b> <b>9/23/2022</b>
Chicken Fingers (2) Cole Slaw Apple Green Beans 0 0	Polish Sausage Sauerkraut Whole Potatoes Hot Dog Bun Pineapple 0 0	Chicken Fajita Strip Salad Mixed Greens Cheese, Tomatoes Tortilla Chips Banana Dessert	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pears Dessert	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Orange 0
<b>Monday</b> <b>9/26/2022</b>	<b>Tuesday</b> <b>9/27/2022</b>	<b>Wednesday</b> <b>9/28/2022</b>	<b>Thursday</b> <b>9/29/2022</b>	<b>Friday</b> <b>9/30/2022</b>
Hamburger w/cheese Hamburger Bun Potato Salad Carrots Apple 0	Spinach & Cheese Ravioli Italian Vegetables Tossed Salad Garlic Bread Apple Sauce 0	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Chicken Fettucini Alfredo Tossed Salad Broccoli Peaches Breadstick Dessert	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Orange
<b>Monday</b> <b>10/3/2022</b>	<b>Tuesday</b> <b>10/4/2022</b>	<b>Wednesday</b> <b>10/5/2022</b>	<b>Thursday</b> <b>10/6/2022</b>	<b>Friday</b> <b>10/7/2022</b>
Italian Meatball Sub Sub Bun Coleslaw Italian Vegetables Apple 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Mixed Fruit Whole Wheat Bread 0	Taco Salad lettuce, cheese, tomatoes Taco Sauce Tortilla Chips Banana Dessert	Sloppy Joe Hamburger Bun Wedge Potatoes Pears Three Bean Salad Dessert	Vegetable Lasagna Tossed Salad Italian Vegetables 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 9/5  
NO MEALS DELIVERED  
(FROZEN DELIVERED 8/31)