

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

<u>Monday</u> <u>10/3/2022</u>	<u>Tuesday</u> <u>10/4/2022</u>	<u>Wednesday</u> <u>10/5/2022</u>	<u>Thursday</u> <u>10/6/2022</u>	<u>Friday</u> <u>10/7/2022</u>
Italian Meatball Sub Sub Bun Italian Vegetables Apple 0 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Mixed Fruit Whole Wheat Bread 0	Beef & Bean Burrito w/ tortilla Corn Spanish Rice Pineapple 0	Sloppy Joe Hamburger Bun Wedge Potatoes Pears Three Bean Salad 0	Macaroni & Cheese Stewed Tomatoes Green Beans Orange Roll 0
<u>Monday</u> <u>10/10/2022</u>	<u>Tuesday</u> <u>10/11/2022</u>	<u>Wednesday</u> <u>10/12/2022</u>	<u>Thursday</u> <u>10/13/2022</u>	<u>Friday</u> <u>10/14/2022</u>
CLOSED Frozen Delivered Wednesday 10/5	Chicken Tenders (2) Mashed Potatoes Apple Green Beans 0 0	Grilled Chicken Sandwich Hamburger Bun Potato Chips Carrots Mixed Fruit 0	Mostaccioli Italian Vegetables Pears Garlic Bread 0 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
<u>Monday</u> <u>10/17/2022</u>	<u>Tuesday</u> <u>10/18/2022</u>	<u>Wednesday</u> <u>10/19/2022</u>	<u>Thursday</u> <u>10/20/2022</u>	<u>Friday</u> <u>10/21/2022</u>
Swiss Steak Broccoli Apple Mashed Potatoes Whole Grain Bread 0	Chicken & Dumplings Peas & Carrots Banana Dinner Roll 0 0	Swedish Meatballs Rice Mixed Vegetables Corn Mixed Fruit Whole Wheat Bread	Chicken Parmesan Noodles Italian Vegetables Apple Sauce 0 0	Hamburger w/cheese Hamburger Bun Fries Carrots Orange 0
<u>Monday</u> <u>10/24/2022</u>	<u>Tuesday</u> <u>10/25/2022</u>	<u>Wednesday</u> <u>10/26/2022</u>	<u>Thursday</u> <u>10/27/2022</u>	<u>Friday</u> <u>10/28/2022</u>
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread 0	Baked Ham Scallop Potatoes Broccoli Banana Dinner Roll 0	Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Green Beans Pineapple 0	Spaghetti & Meatballs Italian Vegetables Garlic Bread Peaches 0 0	Country Fried Steak Mashed Potatoes Mixed Vegetables Orange Whole Wheat Bread 0
<u>Monday</u> <u>10/31/2022</u>	<u>Tuesday</u> <u>11/1/2022</u>	<u>Wednesday</u> <u>11/2/2022</u>	<u>Thursday</u> <u>11/3/2022</u>	<u>Friday</u> <u>11/4/2022</u>
Halloweenie Hot Dog Bun Boo Baked Beans Apple Pumpkin Sugar Cookie 0	Chicken Fettucini Alfredo Broccoli Pears Roll 0 0	Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Banana 0	Chicken Ala King Green Beans Mashed Potatoes Mixed Fruit Biscuit 0	Stew Vegetables in Stew Beef Stew Potatos in Stew Orange Dinner Roll 0

810-632-2155

PLEASE CALL 24 HOURS IN  
ADVANCE TO CANCEL MEALS

MENU SUBJECT TO CHANGE  
WITHOUT NOTICE

HALF PINT OF MILK

SERVED WITH EVERY MEAL

COST SHARE \$3.50/MEAL

MONDAY 10/10

NO MEALS DELIVERED  
(FROZEN DELIVERED 10/5)

BLIZZARD BOX DELIVERY  
SATURDAY 11/5