

Livingston County & Western Oakland Meals on Wheels - January 2023 Menu

<u>Monday</u> <u>1/2/2023</u>	<u>Tuesday</u> <u>1/3/2023</u>	<u>Wednesday</u> <u>1/4/2023</u>	<u>Thursday</u> <u>1/5/2023</u>	<u>Friday</u> <u>1/6/2023</u>
CLOSED Frozen Delivered Wednesday 12/28 0 0 0	Golden Crispy Chicken Mashed Sweet Potatoes Spinach Peaches Whole Grain Bread 0	Salisbury Steak Mashed Potatoes Mixed Vegetables Orange Dinner Roll 0	Cheese Ravioli Italian Vegetables Tossed Salad Bread Stick Apple Sauce 0	Italian Meatball Sub Sub Bun Green Beans Cole Slaw Banana 0
<u>Monday</u> <u>1/9/2023</u> Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	<u>Tuesday</u> <u>1/10/2023</u> Macaroni & Cheese Stewed Tomatoes Green Beans Orange Breadstick 0	<u>Wednesday</u> <u>1/11/2023</u> Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Pineapple 0	<u>Thursday</u> <u>1/12/2023</u> Chicken Chili Corn Mashed Potatoes Pears Oyster Crackers 0	<u>Friday</u> <u>1/13/2023</u> Meatloaf w/gravy Scallop Potatoes Peas & Carrots Whole Wheat Bread Banana 0
<u>Monday</u> <u>1/16/2023</u> CLOSED Frozen Delivered Wednesday 1/11 0 0 0	<u>Tuesday</u> <u>1/17/2023</u> Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Apple Sauce 0	<u>Wednesday</u> <u>1/18/2023</u> Country Fried Steak Mashed Potatoes Broccoli Orange Dinner Roll 0	<u>Thursday</u> <u>1/19/2023</u> Lemon Pepper Chicken Rice Pilaf Broccoli Carrots Mixed Fruit 0	<u>Friday</u> <u>1/20/2023</u> Beef Goulash Italian Vegetables Tossed Salad Banana Garlic Bread 0
<u>Monday</u> <u>1/23/2023</u> Chicken Leg Potato Wedges Peas & Carrots Apple Whole Wheat Bread 0	<u>Tuesday</u> <u>1/24/2023</u> Beef Chili Corn Potato Wedges Pineapple Cornbread 0	<u>Wednesday</u> <u>1/25/2023</u> Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Banana Tartar Sauce 0	<u>Thursday</u> <u>1/26/2023</u> Ground Beef Stroganoff Noodles Broccoli Tossed Salad Orange Dinner Roll	<u>Friday</u> <u>1/27/2023</u> Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Pears 0
<u>Monday</u> <u>1/30/2023</u> Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	<u>Tuesday</u> <u>1/31/2023</u> Baked Ziti Italian Vegetables Tossed Salad Peaches Bread Stick 0	<u>Wednesday</u> <u>2/1/2023</u> Chicken & Broccoli Casserole Cole Slaw Pears Whole Wheat Bread 0	<u>Thursday</u> <u>2/2/2023</u> Gyro Red Onion & Tomatoes Tzatziki Sauce Pita Bread Orange 0	<u>Friday</u> <u>2/3/2023</u> Vegetable Lasagna Italian Vegetables Cole Slaw Banana Breadstick 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 \$3.50/MEAL

MONDAY 1/2/23

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 12/28

MONDAY 1/16/23

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 1/11