

# Livingston County & Western Oakland Meals on Wheels - February 2023 Menu

Monday 1/30/2023	Tuesday 1/31/2023	Wednesday 2/1/2023	Thursday 2/2/2023	Friday 2/3/2023
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Baked Ziti Italian Vegetables Tossed Salad Peaches Breadstick 0	Chicken & Broccoli Casserole Cole Slaw Pears Whole Wheat Bread 0	Gyro Red Onion & Tomatoes Tzatziki Sauce Pita Bread Orange 0	Vegetable Lasagna Italian Vegetables Cole Slaw Banana Breadstick 0
<b>Monday</b> 2/6/2023	<b>Tuesday</b> 2/7/2023	<b>Wednesday</b> 2/8/2023	<b>Thursday</b> 2/9/2023	<b>Friday</b> 2/10/2023
Chicken Tenders (2) Apple Corn Wedge Potatoes 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Banana Breadstick 0	Swiss Steak Broccoli Apple Sauce Mashed Potatoes Whole Grain Bread 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
<b>Monday</b> 2/13/2023	<b>Tuesday</b> 2/14/2023	<b>Wednesday</b> 2/15/2023	<b>Thursday</b> 2/16/2023	<b>Friday</b> 2/17/2023
Swedish Meatballs Rice Mixed Vegetables Corn Apple Whole Wheat Bread	Chicken & Dumplings Coleslaw Peas & Carrots Mixed Fruit Dinner Roll 0	Beef Lasagna Italian Vegetables Tossed Salad Banana Breadstick 0	Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Peaches 0	Hamburger w/cheese Hamburger Bun Coleslaw Baked Beans Orange 0
<b>Monday</b> 2/20/2023	<b>Tuesday</b> 2/21/2023	<b>Wednesday</b> 2/22/2023	<b>Thursday</b> 2/23/2023	<b>Friday</b> 2/24/2023
CLOSED Frozen Delivered Wednesday 2/15	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Apple Whole Grain Bread 0	Macaroni & Cheese Stewed Tomatoes Broccoli Banana Breadstick 0	Stuffed Steak Mashed Potatoes Mixed Vegetables Apple Sauce Dinner Roll 0	Tuna Salad Sandwich Croissant Pasta Salad Carrot Sticks Orange 0
<b>Monday</b> 2/27/2023	<b>Tuesday</b> 2/28/2023	<b>Wednesday</b> 3/1/2023	<b>Thursday</b> 3/2/2023	<b>Friday</b> 3/3/2023
Hot Dog Bun Carrots Baked Beans Apple 0	Chicken Fettucini Alfredo Broccoli Tossed Salad Pears Breadstick 0	Baked Ham Scallop Potatoes Green Beans Banana Dinner Roll 0	Chicken Ala King Mixed Vegetables Mashed Potatoes Pineapple Biscuit 0	Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Tartar Sauce Orange

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 2/20/23

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 2/15

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 1-8. 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.