

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

<u>Monday</u> <u>3/6/2023</u>	<u>Tuesday</u> <u>3/7/2023</u>	<u>Wednesday</u> <u>3/8/2023</u>	<u>Thursday</u> <u>3/9/2023</u>	<u>Friday</u> <u>3/10/2023</u>
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread 0	Meatloaf w/gravy Mashed Potatoes Peas Dinner Roll Peaches 0	Chicken Chili Corn Tossed Salad Banana Oyster Crackers 0	Beef Stew Wedge Potatoes Coleslaw Mixed Fruit Dinner Roll 0	Vegetable Lasagna Italian Vegetables Tossed Salad Orange Breadstick 0
<u>Monday</u> <u>3/13/2023</u>	<u>Tuesday</u> <u>3/14/2023</u>	<u>Wednesday</u> <u>3/15/2023</u>	<u>Thursday</u> <u>3/16/2023</u>	<u>Friday</u> <u>3/17/2023</u>
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Green Beans Pineapple 0	Spaghetti & Meatballs Italian Vegetables Tossed Salad Breadstick Banana 0	Lemon Pepper Chicken Rice Pilaf Broccoli Coleslaw Whole Grain Bread Pears 0	Corned Beef Carrots & Cabbage Whole Potatoes Apple Sauce Rye Bread St. Pat's Sugar Cookie 0
<u>Monday</u> <u>3/20/2023</u>	<u>Tuesday</u> <u>3/21/2023</u>	<u>Wednesday</u> <u>3/22/2023</u>	<u>Thursday</u> <u>3/23/2023</u>	<u>Friday</u> <u>3/24/2023</u>
Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll 0	Sloppy Joe Hamburger Bun Three Bean Salad Baked Beans Peaches 0	Cheese Ravioli Italian Vegetables Tossed Salad Garlic Bread Banana 0	Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Mixed Fruit 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Whole Grain Bread 0
<u>Monday</u> <u>3/27/2023</u>	<u>Tuesday</u> <u>3/28/2023</u>	<u>Wednesday</u> <u>3/29/2023</u>	<u>Thursday</u> <u>3/30/2023</u>	<u>Friday</u> <u>3/31/2023</u>
Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce 0	Italian Meatball Sub Sub Bun Italian Vegetables Cole Slaw Apple Sauce 0	Baked Ham Pineapple Mashed Sweet Potatoes Green Beans Dinner Roll Easter Sugar Cookie 0	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Banana 0	Macaroni & Cheese Stewed Tomatoes Green Beans Orange Breadstick 0
<u>Monday</u> <u>4/3/2023</u>	<u>Tuesday</u> <u>4/4/2023</u>	<u>Wednesday</u> <u>4/5/2023</u>	<u>Thursday</u> <u>4/6/2023</u>	<u>Friday</u> <u>4/7/2023</u>
Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Apple 0	Beef Goulash Italian Vegetables Tossed Salad Pineapple Garlic Bread 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Cookie 0	Country Fried Steak Mashed Potatoes Broccoli Orange Whole Grain Bread 0	CLOSED Frozen Delivered Monday 4/3 Weekend Frozen Delivered Wednesday 4/5

**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**

**FRIDAY 4/7**

**NO MEALS DELIVERED**

**FROZEN DELIVERED**

**MONDAY 4/3**

**WEEKEND FROZENS**

**DELIVERED**

**WEDNESDAY 4/5**

**CALL THE OFFICE TO**

**RESERVE FOR EASTER**

**SUNDAY DELIVERY 4/9**

**RSVP BY 3/31**