

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

Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023
Grilled Turkey Burger Hamburger Bun Baked Beans Coleslaw Apple 0	Beef Goulash Brussel Sprouts Pineapple Garlic Bread 0 0	Polish Sausage Hot Dog Bun Sauerkraut Wedge Potatoes Banana 0	Country Fried Steak Mashed Potatoes Broccoli Orange Whole Grain Bread 0	CLOSED Frozen Delivered Monday 4/3 Weekend Frozen Delivered Wednesday 4/5
<b>Monday</b> 4/10/2023	<b>Tuesday</b> 4/11/2023	<b>Wednesday</b> 4/12/2023	<b>Thursday</b> 4/13/2023	<b>Friday</b> 4/14/2023
Fish Sandwich Hamburger Bun Mac and Cheese Carrots Apple 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pears 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Ground Beef Stroganoff Noodles Broccoli Tossed Salad Apple Sauce Dinner Roll	Chicken Tenders (2) Coleslaw Orange Green Beans Wedge Potatoes 0
<b>Monday</b> 4/17/2023	<b>Tuesday</b> 4/18/2023	<b>Wednesday</b> 4/19/2023	<b>Thursday</b> 4/20/2023	<b>Friday</b> 4/21/2023
Chicken & Broccoli Casserole Mixed Vegetables Apple Whole Grain Bread 0 0	Beef Chili Corn Tossed Salad Mixed Fruit Cornbread 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Gyro w/lettuce & tomatoes Tzatziki Sauce Pita Bread Orange 0
<b>Monday</b> 4/24/2023	<b>Tuesday</b> 4/25/2023	<b>Wednesday</b> 4/26/2023	<b>Thursday</b> 4/27/2023	<b>Friday</b> 4/28/2023
Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Apple Dinner Roll 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana 0	Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Chicken & Dumplings Tossed Salad Peas & Carrots Orange Dinner Roll 0
<b>Monday</b> 5/1/2023	<b>Tuesday</b> 5/2/2023	<b>Wednesday</b> 5/3/2023	<b>Thursday</b> 5/4/2023	<b>Friday</b> 5/5/2023
Swedish Meatballs Rice Mixed Vegetables Apple Roll 0	Baked Ziti Italian Vegetables Tossed Salad Peaches Breadstick 0	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Orange 0	Fajitas Chicken Strips Refried Beans Cheese, Salsa, Sour Cream Tropical Fruit Soft Tortilla Shells (2) 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  
FRIDAY 4/7  
NO MEALS DELIVERED  
FROZEN DELIVERED

MONDAY 4/3  
WEEKEND FROZENS  
DELIVERED  
WEDNESDAY 4/5

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-B. 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.