

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

Monday 5/1/2023	Tuesday 5/2/2023	Wednesday 5/3/2023	Thursday 5/4/2023	Friday 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
<b>Monday</b> 5/8/2023	<b>Tuesday</b> 5/9/2023	<b>Wednesday</b> 5/10/2023	<b>Thursday</b> 5/11/2023	<b>Friday</b> 5/12/2023
Hot Dog Bun Coleslaw Baked Beans Apple 0	Stuffed Steak Mashed Potatoes Mixed Vegetables Pears Whole Wheat Bread 0	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana 0	Spagheti & Meatballs Italian Vegetables Tossed Salad Garlic Bread Pineapple 0	Cheese & Broccoli Quiche Sausage Links (2) Low Sodium V-8 Juice Orange Muffin 0
<b>Monday</b> 5/15/2023	<b>Tuesday</b> 5/16/2023	<b>Wednesday</b> 5/17/2023	<b>Thursday</b> 5/18/2023	<b>Friday</b> 5/19/2023
Golden Crispy Chicken Potato Wedges Spinach Apple Whole Grain Bread 0	Meatloaf w/gravy Mashed Potatoes Peas & Carrots Whole Grain Bread Apple Sauce 0	Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Beef Stew Stew Vegetables in Stew Potatos in Stew Colelaw Peaches Biscuit	Chicken Fettucini Alfredo Broccoli Tossed Salad Orange Breadstick 0
<b>Monday</b> 5/22/2023	<b>Tuesday</b> 5/23/2023	<b>Wednesday</b> 5/24/2023	<b>Thursday</b> 5/25/2023	<b>Friday</b> 5/26/2023
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Chicken Ala King Green Beans Whole Grain Rice Mixed Fruit Biscuit 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Cheese Ravioli Italian Vegetables Tossed Salad Garlic Bread Pears 0	Sloppy Joe Hamburger Bun Three Bean Salad Carrots Orange 0
<b>Monday</b> 5/29/2023	<b>Tuesday</b> 5/30/2023	<b>Wednesday</b> 5/31/2023	<b>Thursday</b> 6/1/2023	<b>Friday</b> 6/2/2023
CLOSED Frozen Delivered Wednesday 5/24 0 0 0	Italian Meatball Sub Sub Bun Italian Vegetables Cole Slaw Apple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Pineapple 0	Macaroni & Cheese Stewed Tomatoes Green Beans Orange 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 5/29

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 5/24

Our site is funded in whole or in part by the Federal Older American's Act and the AASA through the Areag Agency on Aging 1-B. We comply with the terms and regulations of the Title V of the Civil Rights Act of 1964 as ammended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer. Reasonable accomodation will be provided upon request.