

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

| <u>Monday</u><br>8/7/2023  | <u>Tuesday</u><br>8/8/2023   | <u>Wednesday</u><br>8/9/2023  | <u>Thursday</u><br>8/10/2023   | <u>Friday</u><br>8/11/2023   |
|--|--|---|--|--|
| Golden Crispy Chicken<br>Mashed Sweet Potatoes<br>Spinach<br>Apple<br>Whole Grain Bread<br>0 | Stuffed Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Pineapple<br>Whole Wheat Bread<br>0            | Greek Chicken Salad<br>w/beets, onions, olives, feta<br>Mixed Greens<br>Pita Bread<br>Banana<br>0 | Hot Dog<br>Bun<br>Cole Slaw<br>Baked Beans<br>Pears<br>0                                     | Cheese Ravioli<br>Italian Vegetables<br>Tossed Salad<br>Garlic Bread<br>Orange<br>0      |
| <u>Monday</u><br>8/14/2023   | <u>Tuesday</u><br>8/15/2023  | <u>Wednesday</u><br>8/16/2023   | <u>Thursday</u><br>8/17/2023   | <u>Friday</u><br>8/18/2023   |
| Macaroni & Cheese<br>Stewed Tomatoes<br>Green Beans<br>Apple<br>Breadstick<br>0              | Beef Stew<br>Stew Vegetables in Stew<br>Potatos in Stew<br>Tossed Salad<br>Apple Sauce<br>Dinner Roll  | Tuna Salad Plate<br>cheese, cucumber, tomatoes<br>Mixed Greens<br>Pita Bread<br>Banana<br>0       | Chicken Chili<br>Broccoli<br>Tossed Salad<br>Peaches<br>Oyster Crackers<br>0                 | Beef & Bean Burrito<br>w/ tortilla<br>Corn<br>Spanish Rice<br>Orange<br>0                |
| <u>Monday</u><br>8/21/2023   | <u>Tuesday</u><br>8/22/2023  | <u>Wednesday</u><br>8/23/2023   | <u>Thursday</u><br>8/24/2023   | <u>Friday</u><br>8/25/2023   |
| Sloppy Joe<br>Hamburger Bun<br>Three Bean Salad<br>Carrots<br>Apple<br>0                     | Sweet Potato Encrusted Pollard<br>Capri Vegetables<br>Macaroni Salad<br>Pineapple<br>Tartar Sauce<br>0 | Chicken Fajita Strip Salad<br>w/cheese, tomatoes<br>Mixed Greens<br>Tortilla Chips<br>Banana<br>0 | Stuffed Peppers<br>Mashed Potatoes<br>Mixed Vegetables<br>Dinner Roll<br>Pears<br>0          | Lemon Pepper Chicken<br>Rice Pilaf<br>Broccoli<br>Tossed Salad<br>Whole Grain Bread<br>0 |
| <u>Monday</u><br>8/28/2023   | <u>Tuesday</u><br>8/29/2023  | <u>Wednesday</u><br>8/30/2023   | <u>Thursday</u><br>8/31/2023   | <u>Friday</u><br>9/1/2023  |
| Chicken Leg<br>Potato Wedges<br>Peas & Carrots<br>Apple<br>Dinner Roll<br>0                  | Italian Meatball Sub<br>Sub Bun<br>Italian Vegetables<br>Cole Slaw<br>Apple Sauce<br>0                 | Chef Salad Plate<br>w/ham & turkey<br>Mixed Greens<br>Pita Bread<br>Banana<br>0                   | Copper Country Pie<br>Mixed Vegetables<br>Corn Bread Topping<br>Tossed Salad<br>Peaches<br>0 | Grilled Turkey Burger<br>Hamburger Bun<br>Baked Beans<br>Cole Slaw<br>Orange<br>0        |
| <u>Monday</u><br>9/4/2023  | <u>Tuesday</u><br>9/5/2023   | <u>Wednesday</u><br>9/6/2023  | <u>Thursday</u><br>9/7/2023  | <u>Friday</u><br>9/8/2023  |
| CLOSED<br>Frozen Delivered<br>Wednesday 8/30   | Polish Sausage<br>Hot Dog Bun<br>Sauerkraut<br>Potato Wedges<br>Apple<br>0                             | Chicken Salad Plate<br>w/celery, grapes & onions<br>Mixed Greens<br>Pita Bread<br>Banana<br>0     | Country Fried Steak<br>Mashed Potatoes<br>Broccoli<br>Pineapple<br>Whole Grain Bread<br>0    | Chicken & Broccoli Casserole<br>Cole Slaw<br>Orange<br>Whole Wheat Bread<br>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 9/4/23  
NO MEALS DELIVERED

FROZEN DELIVERED  
WEDNESDAY 8/30/23

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.