

Livingston County & Western Oakland Meals on Wheels - July 2023 Menu

<u>Monday</u> <u>7/3/2023</u>	<u>Tuesday</u> <u>7/4/2023</u>	<u>Wednesday</u> <u>7/5/2023</u>	<u>Thursday</u> <u>7/6/2023</u>	<u>Friday</u> <u>7/7/2023</u>
Chicken Tenders (2) Cole Slaw Apple Green Beans Wedge Potatoes 0	CLOSED Frozen Delivered Thursday 6/29 0 0 0	Beef Chili Corn Tossed Salad Pineapple Cornbread 0	Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Chicken & Broccoli Casserole Cole Slaw Orange Whole Wheat Bread 0 0
<u>Monday</u> <u>7/10/2023</u>	<u>Tuesday</u> <u>7/11/2023</u>	<u>Wednesday</u> <u>7/12/2023</u>	<u>Thursday</u> <u>7/13/2023</u>	<u>Friday</u> <u>7/14/2023</u>
Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Apple 0	Beef Tacos Cheese, lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Beef Lasagna Italian Vegetables Tossed Salad Pears Garlic Bread 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
<u>Monday</u> <u>7/17/2023</u>	<u>Tuesday</u> <u>7/18/2023</u>	<u>Wednesday</u> <u>7/19/2023</u>	<u>Thursday</u> <u>7/20/2023</u>	<u>Friday</u> <u>7/21/2023</u>
Swiss Steak Broccoli Apple Mashed Potatoes Whole Grain Bread 0	Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Pineapple Whole Grain Bread 0	Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana 0	Spaghetti & Meatballs Italian Vegetables Tossed Salad Garlic Bread Apple Sauce 0	Chicken Ala King Green Beans Mashed Potatoes Orange Biscuit 0
<u>Monday</u> <u>7/24/2023</u>	<u>Tuesday</u> <u>7/25/2023</u>	<u>Wednesday</u> <u>7/26/2023</u>	<u>Thursday</u> <u>7/27/2023</u>	<u>Friday</u> <u>7/28/2023</u>
Swedish Meatballs Rice Mixed Vegetables Corn Apple Whole Wheat Bread	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Chicken & Dumplings Tossed Salad Peas & Carrots Mixed Fruit Dinner Roll 0	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Orange Dinner Roll
<u>Monday</u> <u>7/31/2023</u>	<u>Tuesday</u> <u>8/1/2023</u>	<u>Wednesday</u> <u>8/2/2023</u>	<u>Thursday</u> <u>8/3/2023</u>	<u>Friday</u> <u>8/4/2023</u>
Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Mixed Vegetables Apple 0	Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Pears 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Chicken Fettucini Alfredo Broccoli Tossed Salad Peaches Breadstick 0	Baked Ham Scallop Potatoes Tossed Salad Green Beans Orange Dinner Roll

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

TUESDAY 7/4/23

NO MEALS DELIVERED

FROZEN DELIVERED

THURSDAY 6/29

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 realitions 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 accomodation will be provided upon request.