

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

Monday 11/6/2023	Tuesday 11/7/2023	Wednesday 11/8/2023	Thursday 11/9/2023	Friday 11/10/2023
Sweet Potato Encrusted Pollock Capri Vegetables Macaroni Salad Apple Tartar Sauce 0	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Orange 0	Roast Turkey w/ Gravy Cornbread Stuffing Green Beans Mashed Potatoes Dinner Roll Pumkin Pie	Italian Meatball Sub Sub Bun Italian Vegetables Cole Slaw Banana 0	CLOSED Frozen Delivered Monday 11/6 Weekend Frozen Delivered Thursday 11/9
<u>Monday</u> 11/13/2023	<u>Tuesday</u> 11/14/2023	<u>Wednesday</u> 11/15/2023	<u>Thursday</u> 11/16/2023	<u>Friday</u> 11/17/2023
Grilled Turkey Burger Hamburger Bun Baked Beans Coleslaw Apple 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Lemon Pepper Chicken Rice Pilaf Broccoli Tossed Salad Whole Grain Bread Banana	Beef Goulash Italian Vegetables Tossed Salad Pears Breadstick 0	Chicken & Broccoli Casserole Coleslaw Carrots Orange Biscuit 0
<u>Monday</u> 11/20/2023	<u>Tuesday</u> 11/21/2023	<u>Wednesday</u> 11/22/2023	<u>Thursday</u> 11/23/2023	<u>Friday</u> 11/24/2023
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Chicken Tenders (2) Cole Slaw Orange Green Beans Wedge Potatoes 0	Ground Beef Stroganoff Noodles Broccoli Tossed Salad Banana Dinner Roll	CLOSED Please reserve for delivery by 11/16 0 0	CLOSED Frozen Delivered Monday 11/20 Weekend Frozen Delivered Wednesday 11/22
<u>Monday</u> 11/27/2023	<u>Tuesday</u> 11/28/2023	<u>Wednesday</u> 11/29/2023	<u>Thursday</u> 11/30/2023	<u>Friday</u> 12/1/2023
Gyro w/tomato & onion Tzatziki Sauce Coleslaw Pita Bread Apple	Beef Chili Corn Tossed Salad Pineapple Cornbread 0	Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Banana 0	Baked Ziti Italian Vegetables Tossed Salad Pears Breadstick 0	Chicken & Dumplings Tossed Salad Peas & Carrots Orange Dinner Roll 0
<u>Monday</u> 12/4/2023	<u>Tuesday</u> 12/5/2023	<u>Wednesday</u> 12/6/2023	<u>Thursday</u> 12/7/2023	<u>Friday</u> 12/8/2023
Stuffed Cabbage Mashed Potatoes Peas Dinner Roll Apple 0	Vegetable Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Roast Beef w / Gravy Mashed Potatoes Green Beans Dinner Roll Banana Christmas Sugar Cookie	Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Sauce Whole Grain Bread 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 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 11/10/23

NO MEALS DELIVERED

FROZEN DELIVERED

MONDAY 11/6/23

WEEKEND FROZENS

DELIVERED

THURSDAY 11/9/23

THURSDAY 11/23/23

NO MEALS DELIVERED

RSVP BY 11/16/23

FOR DELIVERY

FRIDAY 11/24/23

NO MEALS DELIVERED

FROZEN DELIVERED

MONDAY 11/20/23

WEEKEND FROZENS

DELIVERED

WEDNESDAY 11/22/23