

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

<u>Monday</u> <u>10/2/2023</u>	<u>Tuesday</u> <u>10/3/2023</u>	<u>Wednesday</u> <u>10/4/2023</u>	<u>Thursday</u> <u>10/5/2023</u>	<u>Friday</u> <u>10/6/2023</u>
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Baked Ham Scallop Potatoes Tossed Salad Broccoli Peaches Dinner Roll	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Orange 0
Monday 10/9/2023 CLOSED Frozen Delivered Wednesday 10/4	Tuesday 10/10/2023 Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple 0	Wednesday 10/11/2023 Chef Salad Plate w/ham & turkey Mixed Greens Pita Bread Banana 0	Thursday 10/12/2023 Swiss Steak Broccoli Pears Mashed Potatoes Dinner Roll 0	Friday 10/13/2023 Sweet & Sour Chicken Asian Vegetables Whole Grain Rice Orange Whole Grain Bread 0
Monday 10/16/2023 Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll Milk	Tuesday 10/17/2023 Meatloaf w/gravy New Potatoes Mixed Vegetables Whole Grain Bread Pears 0	Wednesday 10/18/2023 Chicken Fajita Strip Salad w/cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Thursday 10/19/2023 Pepperoni Calzone Italian Vegetables Tossed Salad Peaches 0 0	Friday 10/20/2023 Chicken Fettucini Alfredo Broccoli Tossed Salad Orange Breadstick 0
Monday 10/23/2023 Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll 0	Tuesday 10/24/2023 Swedish Meatballs Rice Mixed Vegetables Corn Pineapple Whole Wheat Bread	Wednesday 10/25/2023 Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Thursday 10/26/2023 Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Apple Sauce 0	Friday 10/27/2023 Chicken Ala King Green Beans White Rice Orange Biscuit 0
Monday 10/30/2023 Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Apple 0	Tuesday 10/31/2023 Halloweenie Hot Dog Bun Boo Baked Beans Creepy Cole Slaw Mixed Fruit Pumpkin Sugar Cookie	Wednesday 11/1/2023 Chicken Chili Corn Tossed Salad Banana Oyster Crackers 0	Thursday 11/2/2023 Cheese Ravioli Italian Vegetables Tossed Salad Breastick Apple Sauce 0	Friday 11/3/2023 Stuffed Steak Mashed Potatoes Mixed Vegetables Orange Whole Wheat Bread 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 10/9/23

NO MEALS DELIVERED

FROZEN DELIVERED

WEDNESDAY 10/4/23

BLIZZARD BOX DELIVERY

SATURDAY, NOVEMBER 4