

Livingston County & Western Oakland Meals on Wheels - October 2024 Menu

<u>Monday</u> 10/7/2024	<u>Tuesday</u> 10/8/2024	<u>Wednesday</u> 10/9/2024	<u>Thursday</u> 10/10/2024	<u>Friday</u> 10/11/2024
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges 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 Breadstick 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Whole Wheat Bread 0
<u>Monday</u> 10/14/2024	<u>Tuesday</u> 10/15/2024	<u>Wednesday</u> 10/16/2024	<u>Thursday</u> 10/17/2024	<u>Friday</u> 10/18/2024
CLOSED Frozen Delivered Wednesday 10/9	Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana 0	Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple Sauce 0	Golden Crispy Chicken Mashed Sweet Potatoes Spinach Orange Whole Grain Bread 0
<u>Monday</u> 10/21/2024	<u>Tuesday</u> 10/22/2024	<u>Wednesday</u> 10/23/2024	<u>Thursday</u> 10/24/2024	<u>Friday</u> 10/25/2024
Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pineapple 0	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears 0	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Orange 0
<u>Monday</u> 10/28/2024	<u>Tuesday</u> 10/29/2024	<u>Wednesday</u> 10/30/2024	<u>Thursday</u> 10/31/2024	<u>Friday</u> 11/1/2024
Chicken Tenders (2) Coleslaw Apple Green Beans Wedge Potatoes 0	Vegetable Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Halloweentie Hot Dog Bun Boo Baked Beans Creepy Cole Slaw Orange Pumpkin Sugar Cookie 0	Italian Meatball Sub Sub Bun Italian Vegetables Coleslaw Orange 0
<u>Monday</u> 11/4/2024	<u>Tuesday</u> 11/5/2024	<u>Wednesday</u> 11/6/2024	<u>Thursday</u> 11/7/2024	<u>Friday</u> 11/8/2024
Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll 0	Country Fried Steak Mashed Potatoes Broccoli Pineapple Whole Grain Bread 0	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Banana 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Grilled Turkey Burger Hamburger Bun Baked Beans Coleslaw Orange 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 10/14
NO MEALS DELIVERED
FROZEN DELIVERED
WEDNESDAY 10/9**

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 1-8. 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.