

## Livingston County & Western Oakland Meals on Wheels - July 2026 Menu

<b>Monday</b> <b>7/6/2026</b>	<b>Tuesday</b> <b>7/7/2026</b>	<b>Wednesday</b> <b>7/8/2026</b>	<b>Thursday</b> <b>7/9/2026</b>	<b>Friday</b> <b>7/10/2026</b>
Chicken & Dumplings w/ Peas & Carrots Broccoli Whole Grain Bread Apple 0	Meatloaf w/gravy Mashed Potatoes Green Beans Dinner Roll Pears 0	Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana 0	Chicken Pot Pie Biscuit Crust Tossed Salad Mixed Vegetables Pineapple 0	Stuffed Peppers Au Gratin Potatoes Carrots Whole Wheat Bread Mandarin Oranges 0
<b>Monday</b> <b>7/13/2026</b>	<b>Tuesday</b> <b>7/14/2026</b>	<b>Wednesday</b> <b>7/15/2026</b>	<b>Thursday</b> <b>7/16/2026</b>	<b>Friday</b> <b>7/17/2026</b>
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	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	Baked Cod Macaroni & Cheese Brussel Sprouts Whole Wheat Bread Mandarin Oranges 0
<b>Monday</b> <b>7/20/2026</b>	<b>Tuesday</b> <b>7/21/2026</b>	<b>Wednesday</b> <b>7/22/2026</b>	<b>Thursday</b> <b>7/23/2026</b>	<b>Friday</b> <b>7/24/2026</b>
Chicken Leg Mashed Potatoes Peas & Carrots Dinner Roll Apple 0	Beef Goulash Italian Vegetables Tossed Salad Breadstick Peaches 0	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Croissant Banana 0	Sweet & Sour Meatballs White Rice Oriental Vegetables Dinner Roll Pineapple 0	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Wedges Brussel Sprouts Mandarin Oranges 0
<b>Monday</b> <b>7/27/2026</b>	<b>Tuesday</b> <b>7/28/2026</b>	<b>Wednesday</b> <b>7/29/2026</b>	<b>Thursday</b> <b>7/30/2026</b>	<b>Friday</b> <b>7/31/2026</b>
Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Apple 0	Sloppy Joe Hamburger Bun Three Bean Salad Carrots Pineapple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana 0	Beef Lasagna Italian Vegetables Tossed Salad Breadstick Pears 0	Golden Crispy Chicken Au Gratin Potatoes Spinach Whole Grain Bread Mandarin Oranges 0
<b>Monday</b> <b>8/3/2026</b>	<b>Tuesday</b> <b>8/4/2026</b>	<b>Wednesday</b> <b>8/5/2026</b>	<b>Thursday</b> <b>8/6/2026</b>	<b>Friday</b> <b>8/7/2026</b>
Country Fried Steak Mashed Potatoes Broccoli Whole Grain Bread Apple 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Dinner Roll Banana 0	Italian Meatball Sub Sub Bun Mixed Vegetables Coleslaw Mixed Fruit 0	Chicken Ala King Green Beans White Rice Biscuit Mandarin Oranges 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 \$4.00/meal**

Funding is provided by Ageways Nonprofit Senior Services and the ACLS Bureau, through the Federal Older American Act of 1965 in compliance with Title V of the Civil Rights Act of 1964