

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

| <b><u>Monday</u></b><br><b><u>8/31/2026</u></b>                                              | <b><u>Tuesday</u></b><br><b><u>9/1/2026</u></b>                                                          | <b><u>Wednesday</u></b><br><b><u>9/2/2026</u></b>                                                          | <b><u>Thursday</u></b><br><b><u>9/3/2026</u></b>                                                   | <b><u>Friday</u></b><br><b><u>9/4/2026</u></b>                                                  |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Hamburger w/cheese<br>Hamburger Bun<br>Potato Wedges<br>Corn<br>Apple<br>0                   | Lemon Pepper Chicken<br>Rice Pilaf<br>Broccoli<br>Whole Grain Bread<br>Pineapple<br>0                    | Taco Salad<br>taco sauce, cheese, tomatoes<br>Mixed Greens<br>Tortilla Chips<br>Banana<br>(Frozen for 9/7) | Potato Encrusted Pollock<br>Capri Vegetables<br>Macaroni Salad<br>Tartar Sauce<br>Mixed Fruit<br>0 | Swiss Steak<br>Green Beans<br>Mashed Potatoes<br>Dinner Roll<br>Mandarin Oranges<br>0           |
| <b><u>Monday</u></b><br><b><u>9/7/2026</u></b>                                               | <b><u>Tuesday</u></b><br><b><u>9/8/2026</u></b>                                                          | <b><u>Wednesday</u></b><br><b><u>9/9/2026</u></b>                                                          | <b><u>Thursday</u></b><br><b><u>9/10/2026</u></b>                                                  | <b><u>Friday</u></b><br><b><u>9/11/2026</u></b>                                                 |
| CLOSED<br>Frozen Delivered<br>Wednesday 9/7<br>0<br>0<br>0                                   | Pepperoni Calzone<br>Peas & Carrots<br>Broccoli<br>Apple<br>0<br>0                                       | Chicken Caesar Salad<br>Parmesan Cheese<br>Caesar Dressing<br>Romaine Lettuce<br>Pita Bread<br>Banana      | Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Dinner Roll<br>Pears<br>0                        | Stuffed Cabbage<br>Mashed Potatoes<br>Peas<br>Whole Wheat Bread<br>Mandarin Oranges<br>0        |
| <b><u>Monday</u></b><br><b><u>9/14/2026</u></b>                                              | <b><u>Tuesday</u></b><br><b><u>9/15/2026</u></b>                                                         | <b><u>Wednesday</u></b><br><b><u>9/16/2026</u></b>                                                         | <b><u>Thursday</u></b><br><b><u>9/17/2026</u></b>                                                  | <b><u>Friday</u></b><br><b><u>9/18/2026</u></b>                                                 |
| Chicken Stir Fry<br>w/ broccoli, carrots, peppers<br>Rice<br>Whole Grain Bread<br>Apple<br>0 | Beef Stroganoff<br>Mixed Vegetables<br>Tossed Salad<br>Whole Wheat Bread<br>Apple Sauce<br>0             | Chicken Fajita Strip Salad<br>w/cheese, tomatoes<br>Mixed Greens<br>Tortilla Chips<br>Banana<br>0          | Fish Sandwich<br>Mayo<br>Hamburger Bun<br>Capri Vegetables<br>Macaroni Salad<br>Peaches            | Swedish Meatballs<br>over Rice<br>Green Beans<br>Corn<br>Dinner Roll<br>Mandarin Oranges        |
| <b><u>Monday</u></b><br><b><u>9/21/2026</u></b>                                              | <b><u>Tuesday</u></b><br><b><u>9/22/2026</u></b>                                                         | <b><u>Wednesday</u></b><br><b><u>9/23/2026</u></b>                                                         | <b><u>Thursday</u></b><br><b><u>9/24/2026</u></b>                                                  | <b><u>Friday</u></b><br><b><u>9/25/2026</u></b>                                                 |
| Chicken & Dumplings<br>w/ Peas & Carrots<br>Broccoli<br>Whole Grain Bread<br>Apple<br>0      | Meatloaf w/gravy<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br>Pears<br>0                          | Tuna Salad Plate<br>cheese, cucumber, tomatoes<br>Mixed Greens<br>Croissant<br>Banana<br>0                 | Chicken Pot Pie<br>Biscuit Crust<br>Tossed Salad<br>Mixed Vegetables<br>Pineapple<br>0             | Stuffed Peppers<br>Au Gratin Potatoes<br>Carrots<br>Whole Wheat Bread<br>Mandarin Oranges<br>0  |
| <b><u>Monday</u></b><br><b><u>9/28/2026</u></b>                                              | <b><u>Tuesday</u></b><br><b><u>9/29/2026</u></b>                                                         | <b><u>Wednesday</u></b><br><b><u>9/30/2026</u></b>                                                         | <b><u>Thursday</u></b><br><b><u>10/1/2026</u></b>                                                  | <b><u>Friday</u></b><br><b><u>10/2/2026</u></b>                                                 |
| Polish Sausage<br>Hot Dog Bun<br>Sauerkraut<br>Potato Wedges<br>Apple<br>0                   | Beef Tacos<br>Cheese & Lettuce<br>Salsa & Sour Cream<br>Refried Beans & Corn<br>Tortillas<br>Mixed Fruit | Greek Chicken Salad<br>w/beets, onions, olives, feta<br>Mixed Greens<br>Pita Bread<br>Banana<br>0          | Beef Lasagna<br>Italian Vegetables<br>Tossed Salad<br>Breadstick<br>Apple Sauce<br>0               | Baked Cod<br>Macaroni & Cheese<br>Brussel Sprouts<br>Whole Wheat Bread<br>Mandarin Oranges<br>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

**Monday 9/7**  
**No Meals Delivered**  
**Frozen Delivered**  
**Wednesday 9/2**

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