

Livingston County & Western Oakland Meals on Wheels - October 2026 Menu

<u>Monday</u> <u>10/5/2026</u>	<u>Tuesday</u> <u>10/6/2026</u>	<u>Wednesday</u> <u>10/7/2026</u>	<u>Thursday</u> <u>10/8/2026</u>	<u>Friday</u> <u>10/9/2026</u>
Chicken Leg Roasted Sweet Potatoes Peas & Carrots Dinner Roll Apple 0	Beef Goulash Italian Vegetables Tossed Salad Breadstick Peaches 0	Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana (Frozen for 10/12)	Sweet & Sour Meatballs White Rice Oriental Vegetables Dinner Roll Mixed Fruit 0	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Wedges Brussel Sprouts Mandarin Oranges 0
<u>Monday</u> <u>10/12/2026</u>	<u>Tuesday</u> <u>10/13/2026</u>	<u>Wednesday</u> <u>10/14/2026</u>	<u>Thursday</u> <u>10/15/2026</u>	<u>Friday</u> <u>10/16/2026</u>
CLOSED Frozen Delivered Wednesday 10/7 0 0 0	Macaroni & Cheese Stewed Tomatoes Green Beans Dinner Roll Apple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Croissant Banana 0	Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pineapple 0	Golden Crispy Chicken Au Gratin Potatoes Spinach Whole Grain Bread Mandarin Oranges 0
<u>Monday</u> <u>10/19/2026</u>	<u>Tuesday</u> <u>10/20/2026</u>	<u>Wednesday</u> <u>10/21/2026</u>	<u>Thursday</u> <u>10/22/2026</u>	<u>Friday</u> <u>10/23/2026</u>
Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Pears 0	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Dinner Roll Banana 0	Italian Meatball Sub Sub Bun Mixed Vegetables Coleslaw Peaches 0	Chicken Ala King Green Beans White Rice Biscuit Mandarin Oranges 0
<u>Monday</u> <u>10/26/2026</u>	<u>Tuesday</u> <u>10/27/2026</u>	<u>Wednesday</u> <u>10/28/2026</u>	<u>Thursday</u> <u>10/29/2026</u>	<u>Friday</u> <u>10/30/2026</u>
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Chicken Tenders (2) Coleslaw Green Beans Wedge Potatoes Mixed Fruit 0	Cheeseburger Salad Pickles, cheese, tomatoes Thousand Island Dressing Mixed Greens Dinner Roll Banana	Vegetable Lasagna Italian Vegetables Tossed Salad Breadstick Apple Sauce 0	Halloweenie Hot Dog Bun Boo Baked Beans Vampire Veggies (Mixed Vegetable) Mandarin Oranges Pumpkin Sugar Cookie
<u>Monday</u> <u>11/2/2026</u>	<u>Tuesday</u> <u>11/3/2026</u>	<u>Wednesday</u> <u>11/4/2026</u>	<u>Thursday</u> <u>11/5/2026</u>	<u>Friday</u> <u>11/6/2026</u>
BBQ Chicken Breast Roasted Sweet Potatoes Peas & Carrots Whole Wheat Bread Apple 0	Baked Pasta w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pineapple	Chicken Pot Pie Biscuit Crust Coleslaw Green Beans Banana 0	Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Pears 0	Grilled Turkey Burger Hamburger Bun Baked Beans Carrots 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

Monday 10/12
No Meals Delivered
Frozen Delivered
Wednesday 10/7

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