

# Livingston County & Western Oakland Meals on Wheels - September 2019 Menu

PLEASE CALL 24 HOURS IN  
ADVANCE TO CANCEL MEALS  
**810-632-2155**  
**888-886-8971**

<u>Monday</u> <u>9/2/2019</u>	<u>Tuesday</u> <u>9/3/2019</u>	<u>Wednesday</u> <u>9/4/2019</u>	<u>Thursday</u> <u>9/5/2019</u>	<u>Friday</u> <u>9/6/2019</u>
Labor Day No Meals Frozen Delivered 8/28 0 0	Macaroni & Cheese Stewed Tomatoes Green Beans Orange Bread Stick 0	Chicken Salad w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Cheese Baked Mostacioli Italian Blended Vegetables Fruit Cocktail Whole Grain Bread Dessert 0	Copper Country Pie Mixed Vegetables Tossed Salad Apple Dinner Roll 0
<u>Monday</u> <u>9/9/2019</u>	<u>Tuesday</u> <u>9/10/2019</u>	<u>Wednesday</u> <u>9/11/2019</u>	<u>Thursday</u> <u>9/12/2019</u>	<u>Friday</u> <u>9/13/2019</u>
Baked Cod Macaroni & Cheese Brussel Sprouts Orange 0 0	Stuffed Peppers Mashed Potatoes Green Beans Whole Wheat Bread Peaches 0	Salad Plate w/Ham & Turkey & Ch Mixed Greens Pita Bread Apple Pie Macaroni Salad	Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple Dessert	Swedish Meatballs Corn Cole Slaw Pears Roll
<u>Monday</u> <u>9/16/2019</u>	<u>Tuesday</u> <u>9/17/2019</u>	<u>Wednesday</u> <u>9/18/2019</u>	<u>Thursday</u> <u>9/19/2019</u>	<u>Friday</u> <u>9/20/2019</u>
Beef Goulash Blended Vegetables Peaches Whole Grain Bread 0 0	Pulled BBQ Chicken Sandwich Wedge Potatoes Brussel Sprouts Pears Hamburger Bun 0	Greek Chicken Salad Beets/Onions/Black Olives/Feta Mixed Greens Pita Bread Banana Dessert	Grilled Turkey Burger Hamburger Bun Baked Beans Cucumber Salad Orange Dessert	Beef Chili Broccoli Fruit Cocktail Oyster Crackers 0 0
<u>Monday</u> <u>9/23/2019</u>	<u>Tuesday</u> <u>9/24/2019</u>	<u>Wednesday</u> <u>9/25/2019</u>	<u>Thursday</u> <u>9/26/2019</u>	<u>Friday</u> <u>9/27/2019</u>
Grilled Chicken Sandwich 3 Bean Salad Hamburger Bun Pineapple Cole Slaw 0	Shrimp Stir Fry w/stir fry vegetables Whole grain rice Fruit Cocktail Dinner Roll 0	Maurice Salad w/Ham & Turkey Swiss, Cheddar Cheese herkin Pickles & Chopped Gree Potato Salad Dinner Roll Fruit Pie	Baked Ziti w/cheese Italian Vegetables Tossed Salad Garlic Bread Peaches Dessert	Sloppy Joe Hamburger Bun Carrots Tropical Fruit Potato Salad
<u>Monday</u> <u>9/30/2019</u>	<u>Tuesday</u> <u>10/1/2019</u>	<u>Wednesday</u> <u>10/2/2019</u>	<u>Thursday</u> <u>10/3/2019</u>	<u>Friday</u> <u>10/4/2019</u>
Beef Tacos (2) Cheese, Lettuce, tomatoes Salsa & sour cream Refried beans Tortillas Mixed Fruit	Baked Ham Mashed Sweet Potatoes Green Beans Pineapple Dinner Roll 0	Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Banana Dessert	Chicken & Broccoli Casserole Tossed Salad Apple Sauce Dinner Roll Dessert 0	Italian Meatball Sub Sub Bun Wedge Potatoes Italian Beans Pears 0

MENU SUBJECT TO CHANGE  
**WITHOUT NOTICE**  
**HALF PINT OF MILK**  
**SERVED WITH EVERY MEAL**  
  
**COST SHARE \$3.00**  
  
**FROZEN MEALS FOR**  
**LABOR DAY 9/2/19**  
**WILL BE SENT WEDNESDAY**  
**8/28/19**