

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

Monday 7/29/2019	Tuesday 7/30/2019	Wednesday 7/31/2019	Thursday 8/1/2019	Friday 8/2/2019
Baked Cod Wedge Potatoes Blended Vegetables Pineapple Cake 0	Copper Country Pie Mixed Vegetables Stewed Tomatoes Banana Corn Bread Topping 0	Chicken Fettucini Alfredo Caesar Salad Broccoli Peaches Garlic Bread	Chef Salad Plate w/Ham & Turkey & Cheese Mixed Greens Pita Bread Pears Dessert	Polish Sausage Sauerkraut Carrot Raisin Salad Whole Potatoes Hot Dog Bun Orange
<u>Monday</u> 8/5/2019	<u>Tuesday</u> 8/6/2019	<u>Wednesday</u> 8/7/2019	<u>Thursday</u> 8/8/2019	<u>Friday</u> 8/9/2019
Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple Dessert	Beef Tacos (2) Cheese, Lettuce, tomatoes Salsa & sour cream Refried beans Tortillas Mixed Fruit	Sweet & Sour Chicken Whole Grain Rice Asian Vegetables Orange Dinner Roll Dessert	Greek Chicken Salad Beets/Onions/Black Olives/Feta Mixed Greens Pita Bread Banana	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dinner Roll 0
<u>Monday</u> 8/12/2019	<u>Tuesday</u> 8/13/2019	<u>Wednesday</u> 8/14/2019	<u>Thursday</u> 8/15/2019	<u>Friday</u> 8/16/2019
Beef Goulash Blended Vegetables Apple Sauce Whole Grain Bread 0	Shrimp Stir Fry w/str fry vegetables whole grain rice Pineapple Dinner Roll 0	Grilled Chicken Sandwich w/ Lettuce & Tomato 3 Bean Salad Hamburger Bun Pears Cole Slaw	Maurice Salad w/Ham & Turkey Swiss, Cheddar Cheese Herkin Pickles & Chopped Green Potato Salad Dinner Roll Banana	Italian Meatball Sub Sub Bun Wedge Potatoes Italian Beans Pears 0
<u>Monday</u> 8/19/2019	<u>Tuesday</u> 8/20/2019	<u>Wednesday</u> 8/21/2019	<u>Thursday</u> 8/22/2019	<u>Friday</u> 8/23/2019
Sloppy Joe Hamburger Bun Carrots Tropical Fruit Potato Salad 0	Baked Ziti Blended Vegetables Tossed Salad Garlic Bread 0	Chicken Chili Broccoli Peaches Oyster Crackers Dessert 0	Chicken Fajita Strip Salad Mixed Greens Onions, Tomatoes, Black Olives, C Banana Tortilla Chips Dessert	Stuffed Steak Tossed Salad Green Beans Banana Dinner Roll Dessert
<u>Monday</u> 8/26/2019	<u>Tuesday</u> 8/27/2019	<u>Wednesday</u> 8/28/2019	<u>Thursday</u> 8/29/2019	<u>Friday</u> 8/30/2019
Pulled BBQ Pork Sandwich Wedge Potatoes Brussel Sprouts Pears Hamburger Bun 0	Hamburger w/Cheese Hamburger Bun Potato Salad Carrots Mixed Fruit 0	Stuffed Peppers Mashed Potatoes Green Beans Whole Wheat Bread Peaches 0	Tuna Salad Plate Cucumbers, Tomatoes, On Mixed Greens Pita Bread Apple Sauce Dessert	Hot Dog Hot Dog Bun Lays Potato Chips Baked Beans Cole Slaw Apple Pie

PLEASE CALL 24 HOURS IN

ADVANCE TO CANCEL MEALS

810-632-2155

888-886-8971

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