

Livingston County & Western Oakland Meals on Wheels - October 2021 Menu

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 \$3.00/MEAL

<u>Monday</u> <u>10/4/2021</u>	<u>Tuesday</u> <u>10/5/2021</u>	<u>Wednesday</u> <u>10/6/2021</u>	<u>Thursday</u> <u>10/7/2021</u>	<u>Friday</u> <u>10/8/2021</u>
Beef Goulash Blended Vegetables Tossed Salad Peaches Garlic Bread 0	Meatloaf w/gravy New Potatoes Peas & Carrots Whole Grain Bread Apple 0	Chicken & Dumplings Tossed Salad Broccoli Pears Dinner Roll Dessert	Maurice Salad w/ham & turkey, cheese, pickles & mixed greens Pita Bread Banana Dessert	Stuffed Peppers Mashed Potatoes Green Beans Whole Grain Bread Orange 0
<u>Monday</u> <u>10/11/2021</u>	<u>Tuesday</u> <u>10/12/2021</u>	<u>Wednesday</u> <u>10/13/2021</u>	<u>Thursday</u> <u>10/14/2021</u>	<u>Friday</u> <u>10/15/2021</u>
Grilled Turkey Burger Hamburger Bun Baked Beans Cole Slaw Pineapple 0	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit	Beef Lasagna Italian Vegetables Tossed Salad Orange Garlic Bread Dessert	Greek Chicken Salad w/beets, onions, olives feta & mixed greens Pita Bread Banana Dessert	Baked Cod Macaroni & Cheese Brussel Sprouts Apple Dinner Roll 0
<u>Monday</u> <u>10/18/2021</u>	<u>Tuesday</u> <u>10/19/2021</u>	<u>Wednesday</u> <u>10/20/2021</u>	<u>Thursday</u> <u>10/21/2021</u>	<u>Friday</u> <u>10/22/2021</u>
Beef Stew Stew Vegetables in Stew Potatoes in Stew Orange Dinner Roll 0	Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple 0	Country Fried Steak Mashed Potatoes Broccoli Pears Whole Grain Bread Dessert	Tuna Salad Plate w/cheese, cucumbers, tomatoes & mixed greens Pita Bread Banana Dessert	Swedish Meatballs & Rice Peas & Carrots Tossed Salad Pineapple Dinner Roll 0
<u>Monday</u> <u>10/25/2021</u>	<u>Tuesday</u> <u>10/26/2021</u>	<u>Wednesday</u> <u>10/27/2021</u>	<u>Thursday</u> <u>10/28/2021</u>	<u>Friday</u> <u>10/29/2021</u>
Beef Chili Corn Fruit Cocktail Oyster Crackers 0 0	Fish Sticks Green Beans Macaroni & Cheese Peaches Breadstick 0	Spaghetti & Meatballs Tossed Salad Blended Vegetables Garlic Bread Apple Dessert	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana Dessert	Halloweenies Hot Dog Bun Boo Baked Beans Creepy Cole Slaw Orange Pumpkin Sugar Cookie
<u>Monday</u> <u>11/1/2021</u>	<u>Tuesday</u> <u>11/2/2021</u>	<u>Wednesday</u> <u>11/3/2021</u>	<u>Thursday</u> <u>11/4/2021</u>	<u>Friday</u> <u>11/5/2021</u>
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Pears Whole Grain Bread 0	Stuffed Cabbage Mashed Potatoes Peas Dinner Roll Banana 0	Chicken Fettucini Alfredo Tossed Salad Broccoli Peaches Breadstick Dessert	Copper Country Pie Mixed Vegetables Corn Bread Topping Tossed Salad Orange Dessert	Sloppy Joe Hamburger Bun Carrots Apple Three Bean Salad 0