

# Livingston County & Western Oakland Meals on Wheels - September 2023 Menu

<u>Monday</u> <u>9/4/2023</u>	<u>Tuesday</u> <u>9/5/2023</u>	<u>Wednesday</u> <u>9/6/2023</u>	<u>Thursday</u> <u>9/7/2023</u>	<u>Friday</u> <u>9/8/2023</u>
CLOSED Frozen Delivered Wednesday 8/30 0 0 0	Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Country Fried Steak Mashed Potatoes Broccoli Pineapple Whole Grain Bread 0	Chicken & Broccoli Casserole Coleslaw Carrots Orange Whole Wheat Bread 0
<u>Monday</u> <u>9/11/2023</u>	<u>Tuesday</u> <u>9/12/2023</u>	<u>Wednesday</u> <u>9/13/2023</u>	<u>Thursday</u> <u>9/14/2023</u>	<u>Friday</u> <u>9/15/2023</u>
Chicken Tenders (2) Cole Slaw Apple Green Beans Wedge Potatoes 0	Vegetable Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Gyro w/onion & tomato Tzatziki Sauce Coleslaw Pita Bread Apple Sauce	Grilled Chicken Sandwich Hamburger Bun Potato Salad Carrots Orange 0
<u>Monday</u> <u>9/18/2023</u>	<u>Tuesday</u> <u>9/19/2023</u>	<u>Wednesday</u> <u>9/20/2023</u>	<u>Thursday</u> <u>9/21/2023</u>	<u>Friday</u> <u>9/22/2023</u>
Pulled BBQ Chicken Sandwich Hamburger Bun Au Gratin Potatoes Green Beans Apple 0	Swedish Meatballs Rice Mixed Vegetables Corn Peaches Whole Wheat Bread	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Baked Cod Macaroni & Cheese Brussel Sprouts Mixed Fruit Dinner Roll 0	Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Orange 0
<u>Monday</u> <u>9/25/2023</u>	<u>Tuesday</u> <u>9/26/2023</u>	<u>Wednesday</u> <u>9/27/2023</u>	<u>Thursday</u> <u>9/28/2023</u>	<u>Friday</u> <u>9/29/2023</u>
Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Whole Grain Bread 0	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Apple Sauce 0	Tuna Salad Plate cheese, cucumber, tomatoes Mixed Greens Pita Bread Banana 0	Chicken & Dumplings Tossed Salad Peas & Carrots Pears Dinner Roll 0	Beef Lasagna Italian Vegetables Tossed Salad Orange Breadstick 0
<u>Monday</u> <u>10/2/2023</u>	<u>Tuesday</u> <u>10/3/2023</u>	<u>Wednesday</u> <u>10/4/2023</u>	<u>Thursday</u> <u>10/5/2023</u>	<u>Friday</u> <u>10/6/2023</u>
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Baked Ham Scallop Potatoes Tossed Salad Broccoli Peaches Dinner Roll	Maurice Salad w/ham, turkey, cheese, pickles Mixed Greens Pita Bread Banana 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Orange 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 \$3.50/MEAL**

**MONDAY 9/4/23  
NO MEALS DELIVERED  
FROZEN DELIVERED  
WEDNESDAY 8/30/23**