

Livingston County & Western Oakland Meals on Wheels - September 2025 Menu

<u>Monday</u> <u>9/1/2025</u>	<u>Tuesday</u> <u>9/2/2025</u>	<u>Wednesday</u> <u>9/3/2025</u>	<u>Thursday</u> <u>9/4/2025</u>	<u>Friday</u> <u>9/5/2025</u>
CLOSED Frozen Delivered Wednesday 8/27 0 0 0	Pepperoni Calzone Italian Vegetables Broccoli Apple 0 0	Taco Salad taco sauce, cheese, tomatoes Mixed Greens Tortilla Chips Banana 0	Swiss Steak Green Beans Orange Mashed Potatoes Whole Grain Bread 0	Potato Encrusted Pollock Capri Vegetables Macaroni Salad Mixed Fruit Tartar Sauce 0
<u>Monday</u> <u>9/8/2025</u>	<u>Tuesday</u> <u>9/9/2025</u>	<u>Wednesday</u> <u>9/10/2025</u>	<u>Thursday</u> <u>9/11/2025</u>	<u>Friday</u> <u>9/12/2025</u>
Polish Sausage Hot Dog Bun Sauerkraut Potato Wedges Apple 0	Beef Tacos Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Chicken Salad Plate w/celery, grapes & onions Mixed Greens Pita Bread Banana 0	Beef Lasagna Italian Vegetables Tossed Salad Pears Breadstick 0	Pulled BBQ Chicken Sandwich Hamburger Bun Potato Salad Brussel Sprouts Orange 0
<u>Monday</u> <u>9/15/2025</u>	<u>Tuesday</u> <u>9/16/2025</u>	<u>Wednesday</u> <u>9/17/2025</u>	<u>Thursday</u> <u>9/18/2025</u>	<u>Friday</u> <u>9/19/2025</u>
Chicken Leg Potato Wedges Peas & Carrots Apple Dinner Roll 0	Beef Goulash Italian Vegetables Tossed Salad Peaches Breadstick 0	Chef Salad Plate w/ham, turkey & egg Mixed Greens Pita Bread Banana 0	Sloppy Joe Hamburger Bun Three Bean Salad Carrots Apple Sauce 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Whole Wheat Bread 0
<u>Monday</u> <u>9/22/2025</u>	<u>Tuesday</u> <u>9/23/2025</u>	<u>Wednesday</u> <u>9/24/2025</u>	<u>Thursday</u> <u>9/25/2025</u>	<u>Friday</u> <u>9/26/2025</u>
Macaroni & Cheese Stewed Tomatoes Green Beans Apple Dinner Roll 0	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Pineapple 0	Greek Chicken Salad w/beets, onions, olives, feta Mixed Greens Pita Bread Banana 0	Spaghetti w/ Meat Sauce Italian Vegetables Tossed Salad Breadstick Pears 0	Golden Crispy Chicken Au Gratin Potatoes Spinach Orange Whole Grain Bread 0
<u>Monday</u> <u>9/29/2025</u>	<u>Tuesday</u> <u>9/30/2025</u>	<u>Wednesday</u> <u>10/1/2025</u>	<u>Thursday</u> <u>10/2/2025</u>	<u>Friday</u> <u>10/3/2025</u>
Beef & Bean Burrito w/ tortilla Corn Spanish Rice Apple 0	Chicken Parmesan Noodles Italian Vegetables Tossed Salad Peaches 0	Meatloaf w/gravy New Potatoes Peas & Carrots Dinner Roll Banana 0	Lemon Pepper Chicken Rice Pilaf Broccoli Tossed Salad Whole Grain Bread Mixed Fruit	Italian Meatball Sub Sub Bun Italian Vegetables Coleslaw 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 \$4.00/meal

**Monday 9/1
No Meals Delivered
Frozen Delivered
Wednesday 8/27**

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