



WINTER Feb 2019



Oakland Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CHILI BAKED POTATO CUCUMBER SALAD CARROT COINS WHEAT BREAD MARGARINE MILK 1
CHICKEN PARMESEAN 4 SPAGHETTI NOODLES VEGETABLE BLEND WHEAT ROLL FRESH FRUIT MARGARINE MILK	SPAGHETTI 5 GREEN BEANS GARDEN SALAD WHEAT ROLL 100% ORANGE JUICE MARGARINE MILK	EGG CASSEROLE 6 POTATOES OBRIEN SPINACH WHEAT ROLL FRESH FRUIT MARGARINE MILK	POTATO CRUNCH FISH 7 BROWN RICE CALIFORNIA BLEND GARDEN SALAD WHEAT ROLL MARGARINE MILK BIRTHDAY CAKE	SWEET AND SOUR 8 MEATBALLS RICE CORN TOSSED SALD WHEAT ROLL MARGARINE MILK
SLOPPY JOES 11 VEG BLEND BAKED BEANS CREAMY COLESLAW FRUIT JUICE HAMBURGER BUN MILK COOKIE	CHICKEN POT PIE 12 BROCCOLI WHEAT ROLL FRESH SALAD FRESH FRUIT MARGARINE MILK	MEXICAN LASAGNA 13 SPANISH RICE CORN BLACK BEAN SALAD PEACHES MARGARINE MILK	WHITE CHICKEN CHILI 14 CARROTS GRAPE TOMATO SALAD CORNBREAD SOUR CREAM FRUIT JUICE MILK	CHEESEBURGER 15 ROSEMARY REDSKINS PEAS AND CARROTS HAMBURGER BUN FRUIT JELLO MILK
OMOW CLOSED 18 HAPPY PRESIDENTS DAY! HOMEBOUND MEALS DELIVERED ON 2/15	BBQ CHICKEN 19 MASHED POTATOES VEG BLEND CREAMY COLESLAW WHEAT ROLL MARGARINE MILK	SENIOR MCMUFFIN 20 AMERICAN CHEESE POTATOES OBRIEN APPLE COBBLER TOMATOES AND ONIONS ENGLISH MUFFIN MILK	MEATLOAF 21 MASHED POTATOES CORN WHEAT ROLL GARDEN SALAD FRUIT JUICE MARGARINE MILK	MACARONI CASSEROLE 22 GREEN BEANS TOSSED SALAD FRUIT WHEAT ROLL MARGARINE MILK COOKIE
BAKED MOSTACOLLI 25 ITALIAN BLEND WHEAT ROLL FRUIT JUICE MARGARINE MILK	POLISH SAUSAGE 26 SAUERKRAUT PIEROGIES BROCCOLI FRUIT JUICE RYE BREAD SOUR CREAM MILK	CHICKEN SANDWHICH 27 HAMBURER BUN ROASTED REDSKINS CALIFORNIA BLEND FRESH FRUIT MILK COOKIE	ROAST PORK 28 MASHED POTATOES PEAS TOSSED SALAD FRUIT JUICE MARGARINE MILK	

News
Happy Birthday
to our clients
born in
February.
Birthday cake
on the 7TH.

If you won't be
home to receive
your meal
please call
248-689-0001

