



# WINTER JAN 2019



## Oakland Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 OMOW CLOSED HAPPY NEW YEAR!! HOMEBOUND MEALS DELIVERED 12/28	2 BAKED HAM SWEET POTATO CALIFORNIA BLEND WHEAT ROLL FRUIT JUICE MARGARINE MILK	3 BAKED MAC & CHEESE TOMATOES & ZUCCHINI GREEN BEANS WHEAT BREAD FRUIT JUICE MILK BIRTHDAY CAKE	4 CHILI BAKED POTATO CUCUMBER SALAD CARROT COINS WHEAT BREAD MARGARINE MILK COOKIE
7 CHICKEN PARMESAN SPAGHETTI NOODLES VEGETABLE BLEND WHEAT ROLL FRESH FRUIT MARGARINE MILK	8 SPAGHETTI GREEN BEANS GARDEN SALAD WHEAT ROLL 100% ORANGE JUICE MARGARINE MILK	9 SALISBURY STEAK MASHED POTATOES BROCCOLI WHEAT ROLL FRESH FRUIT MARGARINE MILK	10 POTATO CRUNCH FISH BROWN RICE CALIFORNIA BLEND COLESLAW WHEAT ROLL MARGARINE MILK	11 SWEET AND SOUR MEATBALLS RICE CORN TOSSED SALAD WHEAT ROLL MARGARINE MILK
14 SLOPPY JOES VEG BLEND BAKED BEANS CREAMY COLESLAW FRUIT JUICE HAMBURGER BUN MILK	15 CHICKEN POT PIE BROCCOLI WHEAT ROLL FRESH SALAD FRESH FRUIT MARGARINE MILK	16 MEXICAN LASAGNA SPANISH RICE CORN BLACK BEAN SALAD PEACHES MARGARINE MILK	17 WHITE CHICKEN CHILI CARROTS GRAPE TOMATO SALAD CORNBREAD SOUR CREAM FRUIT JUICE MILK	18 CHEESEBURGER ROSEMARY REDSKINS PEAS AND CARROTS HAMBURGER BUN FRUIT JELLO MILK
21 OMOW CLOSED HOMEBOUND MEALS DELIVERED 1/18	22 BBQ CHICKEN MASHED POTATOES VEG BLEND CREAMY COLESLAW WHEAT ROLL MARGARINE MILK	23 SENIOR MCMUFFIN AMERICAN CHEESE POTATOES OBRIN APPLE COBBLER TOMATOES AND ONIONS ENGLISH MUFFIN MILK	24 MEATLOAF MASHED POTATOES CORN WHEAT ROLL GARDEN SALAD FRUIT JUICE MARGARINE MILK	25 MACARONI CASSEROLE GREEN BEANS PEA SALAD FRUIT WHEAT ROLL MARGARINE MILK COOKIE
28 BAKED MOSTACOLLI ITALIAN BLEND VEG WHEAT ROLL FRUIT JUICE MARGARINE MILK	29 POLISH SAUSAGE SAUERKRAUT PIEROGIES BROCCOLI FRUIT JUICE RYE BREAD SOUR CREAM MILK	30 CHICKEN SANDWICH HAMBURGER BUN ROASTED REDSKINS CALIFORNIA BLEND FRESH FRUIT MILK COOKIE	31 ROAST PORK MASHED POTATOES PEAS TOSSED SALAD FRUIT JUICE MARGARINE MILK	

**News**  
**Happy Birthday**  
**to our clients**  
**born in January.**  
**Birthday cake**  
**on the 3<sup>d</sup>.**

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

OAKLAND

**MEALS  
ON WHEELS**

more than just a meal