



WINTER Dec 2018



Oakland Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED MAC & CHEESE TOMATOES & ZUCCHINI GREEN BEANS WHEAT BREAD FRUIT JUICE MILK 3	BAKED HAM SWEET POTATO CALIFORNIA BLEND WHEAT ROLL FRUIT JUICE MARGARINE MILK 4	CHILI BAKED POTATO CUCUMBER SALAD CARROT COINS WHEAT BREAD MARGARINE MILK 5	POLISH SAUSAGE SAUERKRAUT PIEROGIES PEAS AND CARROTS RYE BREAD SOUR CREAM FRESH FRUIT 6	CHICKEN PARMESEAN SPAGHETTI NOODLES VEGETABLE BLEND WHEAT ROLL FRESH FRUIT MARGARINE MILK 7
SPAGHETTI VEGETABLE BLEND GARDEN SALAD WHEAT ROLL 100% APPLE JUICE MARGARINE MILK 10	CHICKEN ALA KING EGG NOODLES CARROT COINS WHEAT ROLL FRESH FRUIT MARGARINE MILK 11	MEATLOAF MASHED POTATOES PEAS WHEAT ROLL TOSSED SALAD FRUIT JUICE MILK 12	ROAST BEEF MASHED POTATOES CALIFORNIA BLEND GARDEN SALAD WHEAT ROLL APPLE PIE MARGARINE MILK 13	FISHWHICH AMERICAN CHEESE MIXED VEG BAKED BEANS HAMBURGER BUN FRUIT JELLO TARTAR SAUCE MILK 14
SLOPPY JOES VEG BLEND BAKED BEANS CREAMY COLESLAW FRUIT JUICE HAMBURGER BUN MILK 17	POTATO CRUNCH FISH BROWN RICE BROCCOLI WHEAT ROLL FRUIT JUICE MARGARINE MILK 18	CHICKEN POT PIE BROCCOLI WHEAT ROLL FRESH SALAD FRESH FRUIT MARGARINE MILK 19	MEXICAN LASAGNA SPANISH RICE CORN BLACK BEAN SALAD SOUR CREAM FRUIT JUICE MILK 20	WHITE CHICKEN CHILI CARROTS CORNBREAD PEACHES MARGARINE MILK 21
OMOW CLOSED HOMEBOUND MEALS DELIVERED 12/21 24	OMOW CLOSED MERRY CHRISTMAS! 25	SENIOR MCMUFFIN AMERICAN CHEESE POTATOES OBRIEN APPLE COBBLER TOMATOES AND ONIONS ENGLISH MUFFIN MILK 26	MACARONI CASSEROLE PRINCE EDWARD VEG WHEAT ROLL GARDEN SALAD MARGARINE MILK 27	S&S MEATBALLS WHITE RICE CORN TOSSED SALAD FRUIT JELLO WHEAT ROLL MARGARINE MILK 28
OMOW CLOSED HOMEBOUND MEALS DELIVERED 12/28 31				

News
Happy Birthday
to our clients
born in
December.
Birthday cake
on the 13th.

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

OAKLAND

**MEALS
ON WHEELS**

more than just a meal