

MEALS ON WHEELS OF OCEAN COUNTY



A 501(C)(3) NON-PROFIT CHARITY

Partially funded under Title III of the Older Americans Act
through a contract with Ocean County

**Please remember to make checks payable to:
MEALS ON WHEELS**

If you will not be at home to receive your meal for any reason,
please call the Meals on Wheels Office at 732-367-1401
at least one (1) day in advance to cancel your meal.

WE NEED YOUR \$2.00 CONTRIBUTION TO SUPPORT THE PROGRAM

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

IF MENU ITEM IS NOT AVAILABLE A SUBSTITUTION WILL BE MADE READ OTHER SIDE \Rightarrow

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PLEASE CONTRIBUTE \$2.00 FOR EACH MEAL

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance **732-920-0700**.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

WE NEED YOUR \$2.00 CONTRIBUTION TO SUPPORT THE PROGRAM

BRICK NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance 732-928-1200 ext. 1290.
Meals are usually served around 11:30 a.m.
Cancellations must be made at least one (1) day in advance.

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JACKSON NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	NO LUNCH ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	NO LUNCH ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	NO LUNCH ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance **609-693-0661**.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

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LACEY NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance **732-367-6073**.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

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LAKESWOOD NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance **732-657-8448**.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

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MANCHESTER NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance 609-978-6283.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

WE NEED YOUR \$2.00 CONTRIBUTION TO SUPPORT THE PROGRAM

STAFFORD NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²	STUFFED PEPPER ³	SALISBURY STEAK ⁴	CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹	NOT THE WORST KNOCKWURST ¹⁰	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ¹¹	ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶	BODACIOUS BURGER ¹⁷	SLICED TURKEY ¹⁸	SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³	SWEET AND SOUR MEATBALLS ²⁴	GRILLED CHICKEN BREAST W/LEMON SAUCE ²⁵	ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance 732-341-1000 ext. 8461.
Meals are usually served around 11:30 a.m.
Cancellations must be made at least one (1) day in advance.

WE NEED YOUR \$2.00 CONTRIBUTION TO SUPPORT THE PROGRAM

TOMS RIVER NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 STUFFED PEPPER	4	5	6 CAPTAIN'S CATCH FISH WEDGE
9	10 NOT THE WORST KNOCKWURST	11	12	13 GARDEN BURGER
16	17 BODACIOUS BURGER	18	19	20 EGGPLANT ROLLATINI
23	24 SWEET AND SOUR MEATBALLS	25	26	27 BREADED TILAPIA
30				

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CALL 732-367-1400 EXT. 110 TO DONATE YOUR OLD CAR

For meal reservations call 24 hours in advance **732-849-1807**.

Meals are usually served around 11:30 a.m.

Cancellations must be made at least one (1) day in advance.

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WHITING NUTRITION SITE

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED BARBECUE CHICKEN ²			CHICKEN PARMAGIAN ⁵	CAPTAIN'S CATCH FISH WEDGE ⁶
SAVORY SWEDISH MEATBALLS ⁹			ROARING RIBLET ¹²	GARDEN BURGER ¹³
HAM I AM BAKED HAM ¹⁶			SWEET AND SOUR CHICKEN ¹⁹	EGGPLANT ROLLATINI ²⁰
COUNTRY FRIED PORK ²³			ITALIAN SAUSAGE W/TOMATO SAUCE ²⁶	BREADED TILAPIA ²⁷
CHICKEN PARM ³⁰				

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