

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

JULY MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRILLED CHICKEN BREAST WITH LEMON SAUCE ²	ITALIAN SAUSAGE W/PASTA ³	CLOSED 4TH OF JULY HOLIDAY ⁴	SWEET AND SOUR MEATBALLS ⁵	BREADED TILAPIA ⁶
MARVELOUS MEATLOAF ⁹	ITALIAN SAUSAGE W/PEPPERS AND ONIONS ¹⁰	CHICKEN PARM ¹¹	BODACIOUS BURGER ¹²	EGGSTRA SPECIAL CHEESE OMELET W/SALSA ¹³
SAUCY STUFFED PEPPER ¹⁶	GRILLED BARBECUE CHICKEN ¹⁷	CHICKEN PARMAGIAN ¹⁸	SALISBURY STEAK ¹⁹	CAPTAIN'S CATCH FISH WEDGE ²⁰
NOT THE WURST KNOCKWURST ²³	GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS ²⁴	ROARING RIBLET ²⁵	SAVORY SWEDISH MEATBALLS ²⁶	CRAB CAKE W/TARTAR SAUCE ²⁷
TURKEY SUB ³⁰	SWEET AND SOUR CHICKEN ³¹			

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

SUPPORT THE MEALS ON WHEELS PROGRAM

PLEASE CONTRIBUTE \$2.00 FOR EACH MEAL