

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

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ROARING RIBLET	2 SAVORY SWEDISH MEATBALLS	3 NOT THE WORST KNOCKWURST	4 GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS	5 CRAB CAKE
8 COLUMBUS DAY CLOSED	9 BODACIOUS BURGER	10 TURKEY SUB	11 SWEET AND SOUR CHICKEN	12 EGGPLANT ROLLATINI
15 GRILLED CHICKEN BREAST WITH LEMON SAUCE	16 ITALIAN SAUSAGE W/PASTA	17 COUNTRY FRIED PORK	18 SWEET AND SOUR MEATBALLS	19 BREADED TILAPIA
22 ITALIAN SAUSAGE W/PEPPERS AND ONIONS	23 CHICKEN PARMESAN	24 BODACIOUS BURGER	25 MARVELOUS MEATLOAF	26 EGGSTRA SPECIAL CHEESE OMELET W/SALSA
29 VEAL PARMESAN	30 SALISBURY STEAK	31 SAUCY STUFFED PEPPER		

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