

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

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED FOR NEW YEAR'S DAY	2 ITALIAN SAUSAGE W/PEPPERS AND ONIONS	3 CHICKEN PARMESAN	4 EGGSTRA SPECIAL CHEESE OMELET W/SALSA
7 SALISBURY STEAK	8 STUFFED PEPPER	9 GRILLED BARBECUE CHICKEN	10 VEAL PARMESAN	11 CAPTAIN'S CATCH FISH WEDGE
14 ROARING RIBLET	15 KNOCKWURST WITH SAUERKRAUT	16 SAVORY SWEDISH MEATBALLS	17 GRILLED CHICKEN BREAST W/TOMATOES AND PEPPERS	18 CRAB CAKES
21 MARTIN LUTHER KING JR. HOLIDAY CLOSED	22 COUNTRY FRIED PORK	23 SWEET AND SOUR MEATBALLS	24 GRILLED CHICKEN BREAST W/LEMON SAUCE	25 BREADED TILAPIA
28 SWEET AND SOUR CHICKEN	29 HAM I AM BAKED HAM I AM	30 BODACIOUS BURGER	31 NOT THE WORST KNOCKWURST	

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

SUPPORT THE MEALS ON WHEELS PROGRAM

PLEASE CONTRIBUTE \$2.00 FOR EACH MEAL