

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

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREADED TILAPIA
4 KNOCKWURST WITH RED CABBAGE	5 SWEET AND SOUR CHICKEN	6 BAKED HAM	7 HAMBURGER	8 EGGPLANT ROLLATINI
11 SAUSAGE W/PEPPERS AND ONIONS	12 CHICKEN PARMESAN	13 HAMBURGER	14 MEATLOAF	15 CHEESE OMELET
18 STUFFED PEPPER	19 GRILLED BBQ CHICKEN	20 VEAL PARMESAN	21 SALISBURY STEAK	22 FISH WEDGE
25 SWEDISH MEATBALLS	26 GRILLED CHICKEN W/TOMATOES AND PEPPERS	27 BBQ RIBLET	28 KNOCKWURST WITH SAUERKRAUT	29 CRAB CAKE

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