

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

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ RIBLET	2 MEATBALL PARMESAN SUB	3 BREADED TILAPIA
6 GRILLED CHICKEN BREAST W/LEMON SAUCE	7 BAKED HAM	8 HAMBURGER	9 ITALIAN SAUSAGE W/PEPPERS AND ONIONS	10 EGGPLANT ROLLATINI
13 CHICKEN PARMESAN	14 SWEDISH MEATBALLS	15 SWEET AND SOUR CHICKEN	16 MEATLOAF W/GRAVY	17 CHEESE OMELET W/SALSA AND PEPPERS
20 GRILLED BBQ CHICKEN	21 SAUSAGE W/TOMATO SAUCE AND PASTA	22 SALISBURY STEAK	23 STUFFED PEPPER	24 FISH WEDGE OVER RICE
27 CLOSED MEMORIAL DAY	28 KNOCKWURST W/SAUERKRAUT	29 SWEET AND SOUR MEATBALLS	30 HAMBURGER	31 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