

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 609-978-6868
at least one (1) day in advance to cancel your meal.

WE NEED YOUR \$2.00 CONTRIBUTION TO SUPPORT THE PROGRAM

June 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--------------------------------------|---|
| MEATBALL SUB ³ | COUNTRY FRIED PORK ⁴ | STUFFED CABBAGE ⁵ | BBQ RIBLET ⁶ | BREADED TILAPIA ⁷ |
| SAUSAGE W/PEPPERS AND ONIONS ¹⁰ | GRILLED CHICKEN W/LEMON SAUCE ¹¹ | BAKED HAM ¹² | HAMBURGER ¹³ | EGGPLANT ROLLATINI ¹⁴ |
| MEATLOAF W/GRAVY ¹⁷ | CHICKEN PARMESAN ¹⁸ | SWEDISH MEATBALLS ¹⁹ | SWEET AND SOUR CHICKEN ²⁰ | CHEESE OMELET W/SALSA AND PEPPERS ²¹ |
| STUFFED PEPPER ²⁴ | GRILLED BBQ CHICKEN ²⁵ | SAUSAGE AND PASTA W/TOMATO SAUCE ²⁶ | SALISBURY STEAK ²⁷ | FISH WEDGE OVER RICE ²⁸ |
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IF MENU ITEM IS NOT AVAILABLE A SUBSTITUTION WILL BE MADE READ OTHER SIDE \Rightarrow

PLEASE CONTRIBUTE \$2.00 FOR EACH MEAL

WE NEED YOUR SUPPORT!