

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

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Labor Day	3 TUESDAY BBQ CHICKEN	4 STUFFED PEPPER	5 SALISBURY STEAK	6 FISH WEDGE
9 KNOCKWURST RED CABBAGE	10 HAMBURGER w/ BAKED BEANS	11 SWEET & SOUR MEATBALLS	12 GRILLED CHICKEN w/ TOMATOES & PEPPERS	13 CRAB CAKE
16 COLD TURKEY SUB	17 CHICKEN PARMESAN	18 RIBLET W/ BBQ SAUCE	19 ITALIAN MEATBALL SUB	20 MACARONI AND CHEESE
23 GRILLED CHICKEN W/ LEMON SAUCE	24 HAMBURGER w/ BAKED BEANS	25 STUFFED CABBAGE	26 COUNTRY FRIED PORK	27 EGGPLANT ROLLATINI
30 BAKED HAM				

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!