

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

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED FOR NEW YEARS DAY	2 CHICKEN PARMESAN	3 MACARONI AND CHEESE
6 COUNTRY FRIED PORK	7 STUFFED CABBAGE	8 HAMBURGER w/ BAKED BEANS	9 CHICKEN W/ LEMON SAUCE	10 EGGPLANT ROLLATINI
13 SWEDISH MEATBALLS	14 SWEET & SOUR CHICKEN	15 MEATLOAF W/GRAVY	16 BAKED HAM	17 CHEESE OMELET
20 CLOSED FOR MLK JR. DAY	21 SALISBURY STEAK	22 HAMBURGER w/ BAKED BEANS	23 GRILLED BBQ CHICKEN	24 POLLACK WEDGE
27 ITALIAN MEATBALL SUB	28 GRILLED CHICKEN w/ TOMATOES PEPPERS	29 KNOCKWURST w/ RED CABBAGE	30 STUFFED CABBAGE	31 CRAB CAKE

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!