

# MEALS ON WHEELS: JUNE 2023

Mon	Tue	Wed	Thu	Fri	Sat (frozen)
<p>Inside every older person is a younger person wondering what the heck happened. Cora Harvey Armstrong</p>		<p>Remember to put an ice pack in your cooler as the weather get warmer</p>			1 Meatloaf
3 Eggplant Parm	4 Lemon Chicken	5 Chef Salad	6 Quiche Lorraine	7 Meat Lasagna	8 Baked Chicken
10 Salisbury Steak	11 Chicken Cacciatore	12 Pulled Pork	13 Tuna/Egg Salads	14 Baked Cod	15 Chicken Casserole
17 Sweet & Sour Meatballs	18 Shrimp Pasta Salad	19—CLOSED HAM  delivered on 6/18	20 Tortellini Salad	21 Roast Pork	22 Ground Beef Casserole
24 Spaghetti & Meatballs	25 Chicken Marsala	26 Stuft Baked Potato— Broccoli/Cheese	27 Fish & Chips	28 Pot Roast	29 Mac & Cheese

WEEKEND & FRIDAY MEALS MUST BE ORDERED OR CANCELED BY 10 AM, WEDNESDAY  
 MONDAY THRU THURSDAY MUST BE ORDERED/CANCELLED BY 8:30AM, THAT DAY  
 To order meals, call MOW office at 203-453-8359