

MEALS ON WHEELS: SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri	Sat
1 LABOR DAY-CLOSED HAM Delivered on 8/30	3 Sweet/Sour Meatballs	4 Lemon Chicken	5 Tortellini Salad	6 Roast Turkey	7 American Chop Suey
9 Eggplant Parm	10 Meatloaf	11 Chicken Stirfry	12 Fish & Chips	13 Roast Pork	14 Chicken Casserole
16 Salisbury Steak	17 Tuna/Egg Salad	18 Stuffed Peppers	19 Quiche Lorraine	20 Stuffed Chicken Breast	21 Stuffed Shells
23 Swedish Meatballs	24 Breakfast for lunch (Eggs, Sausage, French Toast)	25 Chicken Parm	26 Coconut Tilapia	27 Pot Roast	28 Baked Chicken
30 Chicken Pasta Salad					Food Allergy Warning: Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, wheat, shellfish, fish or sesame

FRIDAY & WEEKEND MEALS MUST BE ORDERED OR CANCELED BY 10 AM, WEDNESDAY OF THAT WEEK
 To order meals, call the MOW office at 203-453-8359