



October 2024



Mon	Tue	Wed	Thu	Fri	Sat (frozen)
<p><i>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</i></p>	1 Chicken Cacciatore	2 Kielbasa/ Pierogies	3 Hamburger on a bun	4 Stuffed Sole	5 Baked Chicken
7 Eggplant Parm	8 Baked Chicken Thigh	9 Mac & Cheese	10 Baked Stuffed Potato <i>w/Broccoli & Cheese</i>	11 Roast Turkey	12 Chicken Casserole
14 Ham-CLOSED Columbus/ Indigenous	15 Swedish Meatball	16 Codfish Cakes	17 Pulled Pork	18 Minestrone Soup & Salad	19 Shepherd's Pie
21 Sweet/ Sour Meatballs	22 American Chop Suey	23 Turkey Loaf	24 Salmon	25 Roast Pork	26 Meatloaf
28 Ziti & Meatballs	29 Lemon Chicken	30 Sausage Quiche	31 Tuna/Egg Salad 	1 Pot Roast	2 Stuffed Shells

FRIDAY & WEEKEND MEALS MUST BE ORDERED OR CANCELED BY 10 AM, WEDNESDAY

MONDAY—THURSDAY MEALS MUST BE ORDERED/CANCELLED BY 8:30 AM, THAT DAY

To order meals, call MOW office at 203-453-8359, or email gim.mow@att.net

