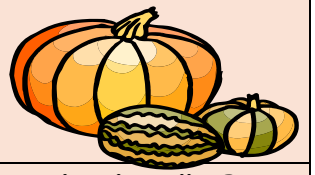
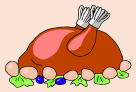


MEALS ON WHEELS: NOVEMBER 2026



WEEKEND & FRIDAY MEALS MUST BE ORDERED/CANCELLED NY 10 AM, WEDNESDAY
MONDAY-THURSDAY MUST BE ORDERED/CANCELLED 24 HOURS PRIOR TO DELIVERY DATE

Call MOW office at 203-453-8359 **WWW.GIVCT.ORG**

Mon	Tue	Wed	Thu	Fri	Sat (frozen)
Call by Wed 11/4 to order tickets for the Veteran's Day Lasagna Dinner. Sit Down or Takeout 					
2 Knockwurst & Pierogies	3 Sweet/Sour Meatballs 	4 Shrimp Pasta Salad (cold)	5 Chicken Rice Soup & Turkey Sandwich	6 Chicken Marsala	7 Shepherd's Pie
9 Baked Potato	10 Salisbury Steak	11 CLOSED Ham  Delivered 11/10	12 Baked Cod with Newburg Sauce	13 Roast Pork	14 Baked Chicken
16 Meatloaf	17 Fish & Chips	18 Meat Lasagna	19 Greek Salad (with Feta Cheese)	20 Roast Turkey	21 Stuffed Shells
23 Chicken Parm	24 Pulled Pork	25 Baked Chicken	26 Happy Thanksgiving  CLOSED	27 CLOSED Baked Ziti & Meatballs Delivered 11/25	28 Chicken Casserole
30 BBQ Chicken	 To order a Thanksgiving meal, a gift from Meals on Wheels, please call the MOW office by <u>Friday, November 20</u> See Reverse Side 				*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*