



MEALS ON WHEELS: FEBRUARY 2026


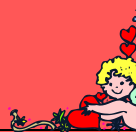


FRIDAY & WEEKEND MEALS MUST BE ORDERED /CANCELLED BY 10 AM, WEDNESDAY
MONDAY-THURSDAY MEALS MUST BE ORDERED/CANCELLED 24 HOURS PRIOR TO DELIVERY DATE
To order meals, call the MOW office at 203-453-8359, or email gim.mow@att.net

Food Allergy Warning:
Be advised that our food may have come in contact or contains peanuts, tree nuts, soy, milk, wheat, shellfish, fish or sesame



For the safety of our drivers, please keep your walks & driveways clear. If there is an issue with your meal delivery on any day please call us by 12:30 that day & we'll try to correct it that day.
Call the Office for weather cancellation info.

| Mon | Tue | Wed | Thu | Fri | Sat (frozen) |
|---|----------------------|---------------------------|-------------------------------|--------------------|--|
| 2 Hamburger on a Bun | 3 Fish & Chips | 4 Stuffed Cabbage | 5 Quiche Lorraine | 6 Roast Pork | 7 Turkey Chili |
| 9 Baked Potato | 10 Swedish Meatballs | 11 Hot Dog & Beans | 12 Chicken Pasta Salad (cold) | 13 Manicotti | 14 Shepherd's Pie |
| 16 CLOSED Ham  Delivered on 2/13 | 17 Chicken Parm | 18 Sweet & Sour Meatballs | 19 Chef Salad & Minestrone | 20 Chicken Marsala | 21 Chicken Casserole  |
| 23 Eggplant Parm | 24 Meatloaf | 25 Salmon | 26 Baked Chicken | 27 Pot Roast | 28 Stuffed Shells |