



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