**Important to know!**

Meals on Wheels delivery may occur anytime between 10 am and 2 pm. Your driver and delivery time may vary. Feel free to call the MOW office after 1 pm if you have not received your meal.

**Keeping up with the times**

To make things more convenient for you as our client, if you would like to make a contribution for your meals, you can call our office and we can set you up with a credit card payment. This way you do not have to mail us anything!

**Meal Dates**

All meals are frozen after preparation and have a 6-month shelf life. Every meal is labeled with a “consume by” date, which applies so long as you keep the meal in the freezer until you are ready to eat it.

**SYMBOL KEY (refers to primary entree)**

- Poultry
- Beef
- Vegetarian

**Menu reflects a standard 5 meals per week plan**

**MEAL REHEATING INSTRUCTIONS**

- Microwave 5–7 mins or until food reaches 165 °F. For best results, open the film to vent. Stir halfway through cook time.
- If stored in fridge - consume within 3 days
- If stored in freezer - consume within 6 months

We do not use any trans fat products in our foods.

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