## Hungry, but no time to sit?

Healthy, tasty, and convenient Grab-N-Go meals brought to you by Meals on Wheels in Hunterdon are available for pick up at our Connections Café locations at our nutrition sites. Grab-N-Go meals must be pre-ordered by 12:30 pm the day before by calling 908-284-0735. For a suggested donation of \$5.50, you can take home a hot, well balance, nutritious meal packed and ready to go! The monthly menu is available at our nutrition sites and also on our website at www.mowih.org.

We hope you take advantage of our delicious offerings!

Connections Café
Pick Up Locations:

Senior Center
Building 1 - Lower Level
4 Gauntt Place, Flemington

Church of the Holy Spirit 3 Haytown Road, Lebanon

