

AUGUST | 2019

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5 Broccoli & Cheese Stuffed Chicken w/gravy Roasted Potato Medley Cauliflower Juice Lorna Doone</p>	<p>6 BBQ Pork over Baked Potato Skin 5 way Mixed Veggies Dinner Roll Pears Sour Cream Packet</p>	<p>7 Western Omelet Roasted Redskin Potatoes w/vegetables English Muffin Juice Applesauce</p>	<p>8 Enter Text Here Chicken Salad Mustard Potato Salad Garden Cottage Cheese Croissant Peaches</p>	<p>9 Meatloaf w/mushroom gravy Mashed Potatoes Bean Medley Wheat bread Raisins</p>
<p>12 Italian Sausage/Marinara Sce Pepper/Onion Hashbrowns Carrots Hoagie Bun Fresh Fruit</p>	<p>13 Sweet & Spicy Beef Fried Rice Oriental Veggies Juice Mandarin Oranges</p>	<p>14 Chicken Alfredo over Linguini Broccoli Sliced Carrots Pears</p>	<p>15 Cheeseburger/Bun Sweet Potato Puffs Green Beans Juice Granola Bar</p>	<p>16 Bratwurst Augratin Potatoes Brussel Sprouts Hoagie Bun Dried Apricots</p>
<p>19 Grilled Chicken Breast On Waffle Biscuit w/Pickles Sliced Carrots Bu Peas Fresh Fruit</p>	<p>20 Breaded Beef Steak/Gvy Red Skin Potatoes Wax Beans Dinner Roll Raisins</p>	<p>21 Ham Salad Cucumber Salad Kidney Bean Salad Croissant Tropical Fruit</p>	<p>22 Breakfast Casserole Biscuit/Honey Fruit Compote Juice Animal Crackers</p>	<p>23 Chicken Tenders Honey Mustard Sauce Parslied Potatoes Key Largo Veg Juice Shortbread Cookie</p>
<p>26 Marinara Meatballs Bu Noodles Broccoli Dinner Roll Juice Pears</p>	<p>27 Sloppy Joe/Bun O'Brien Potatoes Bu Corn Fruit Cocktail</p>	<p>28 Pancakes//Sausage Links/ Syrup Baked Apples Juice Yogurt</p>	<p>29 Egg Salad/Wheat Bread Marinated Carrot Salad Bean Salad Peaches</p>	<p>30 Swiss Steak Baby Baker Potato Green Beans Wheat Bread Applesauce</p>

News

Diabetic meal = low sugar dessert
Calorie range meets 1500-2000 pattern
All hot meals = No Added Salt
All meals contain a sodium range of 650-700mg

Entrée – 3oz
Casserole/Soup 6oz or 8oz
Fruit/Vegetable 4oz
Milk – 8oz
Dessert – 1 svg

**Please call 2 working days in advance to cancel your meal
330-832-7220**

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**Substitutions may be needed due to availability of product
contains pork**