

# OCTOBER | 2019

## Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> Pancake Wrap #/Syrup O'Brien Potatoes Warm Peaches Juice Raisins</p>	<p><b>1</b> Parmesan Crusted Chicken Oven Roasted Red Skin Potatoes Beets Wheat Roll Pineapple</p>	<p><b>2</b> Chili Peanut Butter/Jelly Uncrustable Juice Fruit Cocktail</p>	<p><b>3</b> BBQ Riblet # Augratin Potatoes Corn Hoagie Bun Pears</p>	<p><b>4</b> Turkey/ Gravy Sweet Potatoes Puffs Chef Cut Pacific Blend White Bread Fresh Fruit</p>
<p><b>7</b> Pizza Casserole # Diced Carrots Green Beans Juice Lorna Doones</p>	<p><b>8</b> French Toast w/syrup Sausage Links Baked Apples Juice Craisins</p>	<p><b>9</b> Spaghetti with Meatsauce Italian Green Beans Cauliflower Juice Teddy Grahams</p>	<p><b>10</b> Loaded Baked Potato Soup # Peanut Butter Crackers Pea &amp; Cheese Salad Juice Mandarin Oranges</p>	<p><b>11</b> Ham # /green bean/ Potato Casserole (8oz) Warm Peaches Corn Muffin Juice Granola Bar</p>
<p><b>14</b> Baked Chicken Rosemary Potatoes California Blend Vegetable Wheat Dinner Roll Applesauce</p>	<p><b>15</b> Beef Hot Dog/Bun Cheesy Potatoes Green Beans juice Reg/Uns Banana Pudding</p>	<p><b>16</b> Salisbury Steak w/mushroom gravy Skin on Mashed Potatoes Brussel Sprouts Wheat Bread Juice Animal Crackers</p>	<p><b>17</b> Smoked Pulled Chicken Rice Pilaf Asian Blend Veggies Juice Mandarin Oranges</p>	<p><b>18</b> Cheese Omelet Hashbrowns Warm Peaches English Muffin Juice Fruited Yogurt</p>
<p><b>21</b> Baked Ham # Oven Browned Potatoes Green Beans Dinner Roll Pears</p>	<p><b>22</b> Beef Patty/Onion Gravy Diced Potatoes Broccoli Rye Bread Juice Teddy Graham</p>	<p><b>23</b> Chicken Patty Sliced Carrots Wax Beans Wheat Bun Mandarin Oranges</p>	<p><b>24</b> Sloppy Joe # on Bun Augratin Potatoes Corn Fruited Fluff w/pineapple</p>	<p><b>25</b> Macaroni &amp; Cheese Stewed Tomatoes San Fran Veg Blend Peaches</p>
<p><b>28</b> Meatloaf w/Gravy Pierogies w/Onions 5 way Mixed Veg Dinner Roll Fresh Fruit</p>	<p><b>29</b> BBQ Pork # Roasted Herbed Red Skin Potatoes Chef Cut Pacific Blend Hamburger Bun Tropical Fruit</p>	<p><b>30</b> Swedish Meatballs Noodles Peas Juice Fruit Cocktail</p>	<p><b>31</b> Turkey Ham Baby Bakers Spinach Wheat Bread Juice Pineapple</p>	<p><b>1</b> Salsa Chicken Spanish Rice Lima Beans Juice Dried Apricots</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**