

NOVEMBER | 2019



Meals on Wheels of Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4 Sausage #/Pepper/ Onions/Marinara Sauce/Bun Creamed Potatoes Sliced Carrots Peaches</p>	<p>5 Chicken Cordon Bleu # w/gravy Mashed Potatoes Capri Blend Veg Dinner Roll Fresh Fruit</p>	<p>6 Ham Salad # Mustard Potato Salad Bean Salad Waverly Wafer Crackers – 2 pkg Applesauce</p>	<p>7 Enter Text Here Chicken Fried Steak w/Country Gravy Buttered Noodles Scandinavian Blend Veg Juice Tropical Fruit</p>	<p>8 Beef Coney # Dog/Bun Cheesy Potatoes Green Beans Juice Reg/Uns Vanilla Pudding</p>
<p>11 Creamed Chicken over Biscuit Sliced Carrots Winter Blend Veg Pears</p>	<p>12 Pancake Wrap/Syrup O'Brien Potatoes Warm Peaches Juice Raisins</p>	<p>13 Parmesan Crusted Chicken Oven Roasted Red Skin Potatoes Beets Wheat Roll Pineapple</p>	<p>14 Chili Peanut Butter/Jelly Uncrustable Juice Fruit Cocktail</p>	<p>15 BBQ Riblet # Augratin Potatoes Corn Hoagie Bun Pears</p>
<p>18 Salisbury Steak w/mushroom gravy Skin on Mashed Potatoes Brussel Sprouts Wheat Bread Juice Animal Crackers</p>	<p>19 Pizza Casserole # Diced Carrots Green Beans Juice Lorna Doones</p>	<p>20 French Toast w/syrup Sausage# Links Baked Apples Juice Craisins</p>	<p>21 Spaghetti with Meatsauce Italian Green Beans Cauliflower Juice Teddy Grahams</p>	<p>22 Loaded Baked Potato Soup # Peanut Butter Crackers Pea & Cheese Salad Juice Mandarin Oranges</p>
<p>25 Ham # /green bean/ Potato Casserole (8oz) Warm Peaches Corn Muffin Juice Granola Bar</p>	<p>26 Baked Chicken Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce</p>	<p>27 Turkey/ Gravy Sweet Potatoes Puffs Chef Cut Pacific Blend White Bread Pumpkin Fluff</p>	<p>28 ALL CENTERS CLOSED  Happy Thanksgiving</p>	<p>29 ALL CENTERS CLOSED </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**

**Printed by Avalon
Foodservice**

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