



JANUARY | 2020

Meals on Wheels of Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Chicken Bacon# Ranch Baked Penne Carrots Broccoli Tropical Fruit	31 Centers Closed NEW YEAR'S EVE	1 Centers Closed 	2 Chili topped with onions and cheese Corn Muffin Juice Pears	3 Popcorn Chicken Bowl w/Mashed Potatoes. Gravy, Corn and Cheese Wheat Dinner Roll Juice Lemon Cookie
6 Walking Taco with Taco meat/Salsa, Black Beans, Corn, Cheese, Dorito Chips Applesauce	7 Smothered Beef Patty with mushroom gravy Lyonnaise Potatoes Brussel Sprouts Wheat Bread Juice Graham Crackers	8 Chicken Bites w/dipping sauce Fried Rice Snowpeas Dinner Roll Juice Mandarin Oranges	9 Chicken Corn Chowder Peanut Butter Crackers Cottage Cheese Juice Tropical Fruit	10 Turkey Ham Sweet Potato Puffs Scandinavian Blend Veg Rye Bread Dried Apricots
13 Cowboy Casserole 8oz Green Beans Corn Muffin Peaches	14 Mini Turkey Corn Dogs w/dipping sauce Carrots Peas Raisins	15 Swedish Meatballs Noodles Beets Juice Pineapple	16 Cheesy Beef and Bow Tie Casserole 5 way Mixed Veg Juice Applesauce	17 Broccoli Cheese Soup Ham# Salad/Croissant Bean Salad Juice Oatmeal Cookie
20 Centers Closed MLK DAY I HAVE A DREAM shutterstock - 238410280	21 Chicken Patty/Bun/Pickles Roasted Potatoes Carrots Juice Yogurt	22 Macaroni & Cheese Stewed Tomatoes Wax Beans Juice Shortbread Cookie	23 Sloppy Joe on Bun Hashbrowns Corn Juice Reg/Uns Fruited Gelatin	24 Fajita Chicken with Peppers/Onions/Tortilla Spanish Rice 5 way Mixed Veggies Juice Fresh Fruit
27 Meatballs in Marinara Bowtie Pasta Italian Green Beans Juice Pears	28 French Toast Stix/Sausage Links#/syrup Cinnamon Peaches Juice Raisins	29 Salisbury Steak/Gravy Baby Bakers Cauliflower Wheat Roll Fruited Fluff	30 Beef Hot Dog/Bun Au gratin Potatoes Baked Beans Juice Pineapple	31 Italian Chicken Thigh Mashed Potatoes Beets Dinner Roll Juice Scooby Do Grahams

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**