



# JANUARY | 2020

## Meals on Wheels of Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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