



MARCH | 2020

Meals on Wheels of Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Pepper Cass# Mashed Potatoes Mixed Veggies White Bread Juice Teddy Grahams	3 Pineapple Glazed Chicken Potatoes O'Brien Asian Veg White Bread Fruit Cocktail	4 Sausage Gravy# on Biscuit Cinnamon Peaches Yogurt Juice Dried Apricots	5 Meatball Sub w/cheese Pacific Blend Veg Wax Beans Hoagy Bun Pears	6 Cr of Potato Soup Peanut Butter & Jelly Uncrustable Bean Salad Peaches Oatmeal Cookie
9 Chicken Tenders w/dipping sauce Diced Potatoes Key Largo Veggie Wheat Bread Applesauce	10 Pizza Burger Oven Roasted Potatoes Green Beans Bun Pineapple	11 Swiss Steak W/ Gravy Baby Bakers Garden Blend Veg Dinner Roll Juice Animal Crackers	12 French Toast w/syrup Bacon# Cheesy Potatoes Baked Apples Juice Yogurt	13 Macaroni & Cheese Stewed Tomatoes Broccoli Dinner Roll Raisins
16 Shephard's Pie – 6oz Glazed Carrots Apple Muffin Juice Lorna Doones	17 Meatloaf w/ gravy Parslied Potatoes Cauliflower Wheat Bread Craisins	18 Chicken Tetrzini w/ Noodles Brussel Sprouts Diced Beets Wheat Bread Pears	19 Mexican Rice & Chicken Casserole Sliced Carrots Corn Peaches	20 Cheese Omelet Hashbrowns Waffle Biscuit Juice Mandarin Oranges
23 Chicken Cacciatore Pacific Blend Veg Wax Beans Wheat Bread Fruit Cocktail	24 Sloppy Joe/Bun Diced Potatoes Vegetable Medley Juice Graham Crackers	25 Italian Sausage# w/Peppers/Onions /Marinara/Hoagy Bun Cheesy Hashbrowns Italian Vegetables Applesauce	BBQ Shredded Chicken Corn Casserole Green Beans Bun Tropical Fruit	27 Vegetable Soup Grilled Cheese Sandwich Cottage Cheese Juice Pineapple
30 Apple Pork Chop # Roasted Potatoes Peas Wheat Bread Fruit Cup	31 Hamburger Stroganoff Egg Noodles Lima Beans Fruit Juice Fresh Fruit	1	2	3 Enter Text Here

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**