

# JULY | 2020



## Meals on Wheels of Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Asian Chicken Fried Rice Oriental Veggies Juice Mandarin Oranges	<b>7</b> Italian Sausage#/Marinara Sauce/Pepper/Onions Parslied Potatoes Italian Mixed Vegetables Hoagie Bun Fresh Fruit	<b>1</b> Egg Salad Mustard Potato Salad Garden Cottage Cheese Juice Bun Peaches	<b>2</b> Closed  	<b>3</b> Closed  
<b>6</b> Cheese Omelet Diced Hash Brown Potatoes Waffle Biscuit Juice Mandarin Oranges	<b>7</b> Grilled Chicken Breast On Waffle Biscuit w/Pickles Spinach Bu Peas Mixed Fruit	<b>8</b> Smothered Beef Patty with Pepper/Onions Sweet Potato Puffs Wax Beans Dinner Roll Raisins	<b>9</b> Chicken Salad Cucumber Salad Kidney Bean Salad Croissant Tropical Fruit	<b>10</b> Breakfast Casserole Biscuit/Honey Warm Peaches Juice Animal Crackers
<b>13</b> Chicken Tenders Honey Mustard Sauce Parslied Potatoes Key Largo Veggies Juice Lorna Doones	<b>14</b> Marinara Meatballs Bu Noodles Broccoli Juice Pears	<b>15</b> BBQ Pulled Chicken Oven Roasted Potatoes Mixed Veggies Bun Peaches	<b>16</b> Macaroni & Cheese Stewed Tomatoes Wax Beans Juice Teddy Grahams	<b>17</b> Chicken Thigh/Dipping Sauce Mashed Potatoes Beets Dinner Roll Juice
<b>20</b> Baked Penne w/meatsauce Glazed Carrots Italian Green Beans Tropical Fruit	<b>21</b> Bratwurst Augratin Potatoes Brussel Sprouts Hoagie Bun Dried Apricots	<b>22</b> Swiss Steak w/gravy Baby Bakers Green Beans Wheat Bread Applesauce	<b>23</b> Chicken Cordon Bleu# w/Gravy Scalloped Potatoes California Blend Veg Wheat Bread Fruit Cocktail	<b>24</b> Sloppy Joes/Bun O'Brien Potatoes Bu Corn Pineapple
<b>27</b> Ham Salad#/Croissant Marinated Carrot Salad Bean Salad Peaches	<b>28</b> Pancakes/Sausage Links#/Syrup Baked Apples Juice Yogurt w/fruit	<b>29</b> Meatloaf/Gravy Pierogis w/Onion Lima Beans Wheat Bread Juice Tropical Fruit	<b>30</b> Chicken Fajita's w/Peppers/Onions Tortillas (2) Spanish Rice Wax Beans Juice Fresh Fruit	<b>31</b> Turkey Corn Dogs German Potato Salad Baked Beans Juice Dried Apricots

### 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**