

SEPTEMBER | 2020



Meals on Wheels of Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken Nuggets Honey Mustard Sce Parslied Potatoes Key Largo Veggies Juice Lorna Doones	1 Macaroni & Cheese Stewed Tomatoes San Fran Veg Blend Peaches	2 Meatloaf w/Gravy Pierogis w/Onions 5 way Mixed Veg Dinner Roll Fresh Fruit	3 BBQ Pork # Potato Boat Pacific Blend Veg Tropical Fruit	4 All Sites Closed  HAPPY LABOR DAY
7 All Sites Closed  HAPPY LABOR DAY	8 Salsa Chicken Spanish Rice Lima Beans Juice Dried Apricots	9 Turkey Ham Baby Bakers Spinach Wheat Bread Juice Pineapple	10 Sausage #/Pepper/ Onions/Marinara Sauce/Bun Creamed Potatoes Sliced Carrots Peaches	11 Chicken Cordon Bleu # w/gravy Baked Apples Capri Blend Veg Dinner Roll Fresh Fruit
14 Stuffed Pepper Casserole Mashed Potatoes Corn Dinner Roll Applesauce	15 Gr Beef Stroganoff over Noodles Peas Scandinavian Blend Veg Tropical Fruit	16 Beef Coney Dog/Bun Cheesy Potatoes Green Beans Juice Lorna Doones	17 Creamed Chicken over Biscuit Sliced Carrots Winter Blend Veg Pears	18 Pancake Wrap # O'Brien Potatoes Warm Peaches Juice Raisins
21 Parmesan Crusted Chicken Cauliflower Bake Beets Wheat Roll Pineapple	22 Chili Peanut Butter/Jelly Uncrustable Juice Fruit Cocktail	23 BBQ Riblet # Augratin Potatoes Corn Hoagie Bun Pears	24 Turkey/ Gravy Sweet Potatoes Chef Cut Pacific Blend White Bread Fresh Fruit	25 Pizza Casserole # Diced Carrots Lima Beans Juice Lemon Cookie
28 Ziti w/ Meatsauce# Peas Cauliflower Juice Teddy Grahams	29 Loaded Baked Potato Soup # Peanut Butter Crackers Pea & Cheese Salad Mandarin Oranges	30 French Toast w/syrup Sausage Links # Baked Apples Juice Craisins	31 Ham # /green bean/ Potato Casserole 8oz Warm Peaches Corn Muffin Juice Granola Bar	31 Baked Chicken Breast Rosemary Potatoes California Blend Vegetable Wheat Dinner Roll Applesauce

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**

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

contains pork