# Meals on Wheels of Northeast Ohio

## September 2020

**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**

### Meal Schedule

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