



# DECEMBER | 2020

**MOW Northeast Ohio – Wear a mask when answering door**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> Sweet &amp; Sour Meatballs Buttered Rice Broccoli Juice Peaches</p>	<p><b>1</b> Macaroni &amp; Cheese Stewed Tomatoes Wax Beans Juice Shortbread Cookie</p>	<p><b>2</b> Broccoli Cheese Soup Ham# Salad/Croissant Bean Salad Juice Oatmeal Cookie</p>	<p><b>3</b> Sloppy Joe on Bun Oven Roasted Potatoes Corn Dried Apricots</p>	<p><b>4</b> Fajita Chicken with Peppers/Onions/Tortilla Spanish Rice 5 way Mixed Veggies Juice Fresh Fruit</p>
<p><b>7</b> Meatballs in Marinara Bowtie Pasta Italian Green Beans Juice Pears</p>	<p><b>8</b> Cheese Omelet Bacon# Hashbrowns Blueberry Muffin Juice Peaches</p>	<p><b>9</b> Salisbury Steak/Gravy Baby Bakers Cauliflower Wheat Roll Fruited Fluff</p>	<p><b>10</b> Beef Hot Dog/Bun Au gratin Potatoes Baked Beans Pineapple</p>	<p><b>11</b> Chicken Tenders / Dipping Sauce Mashed Potatoes Beets Dinner Roll Applesauce</p>
<p><b>14</b> Meatloaf/Sauce Diced Rosemary Garlic Potatoes Glazed Carrots Wheat Bread Raisins</p>	<p><b>15</b> Chicken Pot Pie 8oz Biscuit Brussel Sprouts Tropical Fruit</p>	<p><b>16</b> Beef Patty with Onion Gravy Buttered Rice Prince Charles Veg Juice Fruit Cocktail</p>	<p><b>17</b> Southwest Chicken Chili Baked Apples Corn Muffin Juice Lemon Cookie</p>	<p><b>18</b> Stuffed Cabbage Cass # Garlic Parslied Potatoes Corn Rye Bread Mandarin Oranges</p>
<p><b>21</b> Walking Taco with Taco meat/Salsa, Rice/Black Beans, Corn, Cheese, Dorito Chips Craisins</p>	<p><b>22</b> BBQ Chicken Oven Roasted Potatoes Key Largo Veggies Bun Pears</p>	<p><b>23</b> Baked Ham # Sweet Potatoes Broccoli Wheat Bread Juice Cookie</p>	<p><b>24</b> CLOSED <i>Happy Holidays</i></p>	<p><b>25</b> CLOSED <i>Happy Holidays</i></p>
<p><b>28</b> Cheeseburger on Bun Pickle Chips Baked Beans Bean Medley Fruit Cocktail</p>	<p><b>29</b> French Toast Stix/Sausage Links#/syrup Cinnamon Peaches Juice Raisins</p>	<p><b>30</b> Sausage #/Sauerkraut Mashed Potatoes Green Beans Wheat Bread Applesauce</p>	<p><b>31</b> CLOSED <b>NEW YEAR'S EVE</b></p>	<p><b>1</b> CLOSED <b>2021</b> HAPPY NEW YEAR</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**

# pork in recipe