



FEBRUARY | 2021

Meals on Wheels Northeast Ohio – PLEASE WEAR A MASK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Beef Hot Dog/Bun
Augratin Potatoes
Corn
Juice
Pineapple

2
Chicken Breast/Dipping
Sauce
Mashed Potatoes
Beets
Dinner Roll
Juice
Scooby Do Grahams

3
Baked Ham #
Sweet Potatoes Puffs
Broccoli
Wheat Bread
Juice
Cookie

4
Meatloaf/Sauce
Diced Rosemary Garlic
Potatoes
Glazed Carrots
Wheat Bread
Raisins

5
Chicken Pot Pie 8oz
Biscuit
Brussel Sprouts
Tropical Fruit

8
Beef Patty with Onion
Gravy
Buttered Rice
Prince Charles Veg
Juice
Fruit Cocktail

9
Southwest Chicken
Chili
Cheese Crackers
Marinated Carrot
Juice
Oatmeal Cookie

10
Stuffed Pepper Cass#
Garlic Parslied
Potatoes
Corn
Rye Bread
Mandarin Oranges

11
Polish
Sausage#/Sauerkraut
Mashed Potatoes
Green Beans
Wheat Bread
Applesauce

12
BBQ Pulled Chicken
Oven Roasted Potatoes
Key Largo Veggies
Bun
Pears

15
Cheeseburger on Bun
Pickle Chips
Baked Beans
Carrots
Fruit Cocktail

16
French Toast
Stix/Sausage
Links#/syrup
Cinnamon Peaches
Juice
Raisins

17 *ASH WEDNESDAY*
Tomato Soup
Grilled Cheese
Sandwich
Juice
Mandarin Oranges

18
Chicken Rice Casserole
Bean Medley
Peas
Fresh Fruit

19
Macaroni & Cheese
Stewed Tomatoes
Wax Beans
Juice
Shortbread Cookie

22
Sloppy Joe on Bun
Cheesy Potatoes
Mixed Vegetables
Juice
Dried Apricots

23
Chicken Bacon #
Ranch Baked Penne
Glazed Carrots
Broccoli
Tropical Fruit

24
Walking Taco with Taco
meat/Salsa, Rice/Black
Beans, Corn, Cheese,
Dorito Chips
Craisins

25
Mini Turkey Corn Dogs
w/dipping sauce
Cauliflower
Peas
Fruited Fluff

26
Cheese Omelet
Hashbrowns
Blueberry Muffin
Juice
Peaches

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