# MAY | 2021

## Meals on Wheels Northeast Ohio

**Wear a mask when answering the door**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3<br>BBQ Riblet#<br>Augratin Potatoes<br>MOW Baked Beans<br>Hoagie Bun<br>Pears | 4<br>MOW Pizza Casserole #<br>Ital Veggie Blend<br>Green Beans<br>Juice<br>Poundcake | 5<br>MOW Mexican Rice & Chicken Casserole<br>MOW Mexican Street Corn<br>Peaches<br>Teddy Grahams | 6<br>Smothered Steak w/Onion & Peppers<br>Scalloped Potatoes<br>Spinach<br>White Bread<br>Pineapple | 7<br>Breaded Chicken Patty<br>Sliced Carrots<br>Wax Beans<br>Bun<br>Mandarin Oranges |
| 10<br>MOW Beef Stroganoff/ Egg Noodles<br>Lima Beans<br>Carrots<br>Fresh Fruit | 11<br>MOW Swiss Steak W/ Gravy<br>Baby Bakers<br>Garden Blend Veg<br>Dinner Roll<br>Juice<br>Animal Crackers | 12<br>MOW Sausage Gravy on Biscuit<br>Cinnamon Peaches<br>Yogurt<br>Juice<br>Oatmeal Cookie | 13<br>Meatball Sub w/cheese<br>Pacific Blend Veg<br>Wax Beans<br>Hoagie Bun<br>Pears | 14<br>Chicken Tenders w/dipping sauce<br>Diced Potatoes<br>Key Largo Veggie<br>Wheat Bread<br>Pineapple |
| 17<br>MOW Loaded Baked Potato Soup#<br>Peanut Butter & Jelly Uncrustable<br>MOW Bean Salad<br>MOW Peach Crisp | 18<br>Meatloaf w/ gravy<br>Parslied Garlic Potatoes<br>MOW Cauliflower Bake<br>Wheat Bread<br>Fruit Cocktail | 19<br>French Toast Stix w/syrup Bacon#<br>MOW Cheesy Potatoes<br>MOW Baked Apples<br>Juice<br>Yogurt | 20<br>MOW Mac & Cheese<br>MOW Stewed Tomatoes<br>Broccoli<br>Dinner Roll<br>Raisins | 21<br>MOW Shepherd's Pie – 6oz<br>Glazed Carrots<br>Apple Muffin<br>Juice<br>Shortbread Cookies |
| 24<br>MOW Chicken and Noodle Casserole<br>Brussel Sprouts<br>Peas & Carrots<br>Pears | 25<br>Cheese Omelet<br>Hashbrowns<br>Blueberry Muffin<br>Juice<br>Mandarin Oranges | 26<br>MOW Sloppy Joe/Bun<br>Seasoned Potatoes<br>Vegetable Medley<br>Juice<br>MOW Brownie | 27<br>MOW Italian Sausage# w/Peppers/Onions/ Marinara/Hoagie Bun<br>Cheesy Hashbrowns<br>Italian Vegetables<br>Applesauce | 28<br>MOW BBQ Chicken<br>MOW Corn Casserole<br>Green Beans<br>Bun<br>Tropical Fruit |
| 31<br>CLOSED<br>memorial DAY | 1<br>Pancakes/Sausage/ Scrambled Egg#/Syrup<br>MOW Baked Apples<br>Juice<br>Yogurt/Fruit | 2<br>Chicken Cordon Bleu# w/Gravy<br>Scalloped Potatoes<br>California Blend Veg<br>Wheat Bread<br>Fruit Cocktail | 3<br>MOW Open Face Roast Beef on Wheat Bread/Gravy<br>Mashed Potatoes<br>Green Beans<br>Pineapple | 4<br>MOW Egg Salad<br>MOW Marinated Carrot Salad<br>MOW Tomato & Feta Salad<br>Croissant<br>Peaches |

**MOW** = homemade menu items.

# pork in recipe

* 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 made due to availability

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