

JULY | 2021

Meals on Wheels Northeast Ohio



MONDAY

28 MOW Chicken Salad
MOW Tomato & Feta Salad
MOW Kidney Bean Salad
Bun
Tropical Fruit

5 Closed
Celebrating Independence Day


12 Salisbury Steak/Gravy
Mashed Potatoes
Chef Cut Vegetable
Assorted Bread
Fresh Fruit

19 Breaded Chicken
Patty/Bun
Ranch Sauce
Sliced Carrots
Bean Medley
Pineapple Tidbits

26 Cheeseburger/Pickles/Onions/Bun
Baby Bakers
Green Beans
Vanilla Pudding
*Uns Vanilla Pudding

TUESDAY

29 Marinara Meatballs
Bu Noodles
Zucchini
Cauliflower
Juice
MOW Angelfood Cake

6 Chicken Tenders
Honey Mustard Sauce
Parslied Buttered Potatoes
Key Largo Veggies
Juice
Lorna Doones

13 Pancakes/Sausage Link/ Egg Patty#/Syrup
MOW Baked Apples
Juice
Yogurt w/Fruit

20 BBQ Riblet#
Au gratin Potatoes
Bu Peas
Dinner Rolls
Fruited Gelatin
*Uns Fruited Gelatin

27 Meatloaf w/ MOW
Mushroom Gravy
Mashed Potatoes
Brussel Sprouts
Wheat Bread
Raisins

WEDNESDAY

30 BBQ Pulled Chicken
Garlic Roasted Potatoes
Mixed Veggies
Bun
Mixed Fruit

7 MOW Baked Penne
w/Meatsauce
Carrots
Italian Green Beans
Tropical Fruit

14 MOW Open Face Roast
Beef on Wheat Bread w/
Gravy
Mashed Potatoes
Green Beans
Applesauce

21 Beef Hotdog/Bun
Hash Browns
Corn
Juice
Teddy Grahams

28 MOW Chicken Alfredo
over Cavatappi
Broccoli
MOW Glazed Carrots
Fruited Fluff

THURSDAY

1 Cheese Omelet
Hash browns
Waffle Biscuit
Juice
Mandarin Oranges

8 Chicken Cordon Bleu#
w/Gravy
Scalloped Potatoes
Calif Blend Veg
Wheat Bread
Fruit Cocktail

15 Corn Dog
MOW German Potato
Salad
MOW Baked Beans
Juice
Dried Apricots

22 Egg Patty/Cheese
Roasted Redskin
Potatoes w/vegetables
English Muffin
Juice
Applesauce

29 MOW Ham Salad/Bun
MOW Mustard Potato
Salad
MOW Garden Cottage
Cheese
Peaches

FRIDAY

2 Closed Staff
Appreciation Day


9 MOW Sloppy Joe/Bun
O'Brien Potatoes
Bu Corn
MOW Brownie
*Teddy Grahams

16 MOW Egg Salad/
Croissant
MOW Marinated Carrot
Salad
MOW Cucumber Salad
Peaches

23 Chicken Fajita
/onions/peppers/tortilla
Roasted Vegetables
with Red Quinoa
Wax Beans
Fresh Fruit

30 MOW Breakfast Casserole
Biscuit/Honey
Warm Peaches
Juice
Animal Crackers

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