

AUGUST | 2021

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Grilled Chicken Breast On Waffle Biscuit W/Pickles
Diced Carrots
Bu Peas
Mixed Fruit

3 Italian Sausage#/Marinara Sauce/Peppers/Onion
Seasoned Potatoes
Italian Blend Veggie
Hoagie Bun
Fresh Fruit

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

5 Marinara Meatballs
Bu Noodles
Zucchini
Cauliflower
Juice
MOW Angelfood Cake

6 BBQ Pulled Chicken
Garlic Roasted Potatoes
Mixed Veggies
Bun
Peaches

9 Cheese Omelet
Hash browns
Biscuit
Juice
Mandarin Oranges

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

11 MOW Baked Penne w/Meatsauce
Carrots
Italian Green Beans
Craisins

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

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

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

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

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

19 Salisbury steak w/Gravy
Mashed Potatoes
Chef Cut Vegetable
Assorted Bread
Fresh Fruit

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

23 BBQ Riblet#
Au gratin Potatoes
Bu Peas
Dinner Rolls
Applesauce

24 Beef Hotdog/Bun
Hash Browns
Corn
Juice
Teddy Grahams

25 Chicken Fajita w/Onions/Peppers /Tortilla
Roasted Vegetables with Red Quinoa
Wax Beans
Fresh Fruit

26 Egg Patty/Cheese
Roasted Redskins
Potatoes w/vegetables
English muffin
Juice
Reg/Uns Fruited Gelatin

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

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

31 MOW Chicken Alfredo over Cavatappi
Broccoli
MOW Glazed Carrots
Peaches

1 Baked Ham w/Pineapple #
Baby Bakers
Green Beans
Dinner Roll
Pears

2 MOW Macaroni & Cheese
MOW Stewed Tomatoes
San Fran Veg Blend
Fruited Fluff

3 CLOSED
STAFF DEVELOPMENT DAY



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