

OCTOBER | 2021

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 MOW Beef Stew 8oz Blueberry Muffin Warm Applesauce Juice Lorna Doones</p>	<p>28 MOW Popcorn Chicken Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail</p>	<p>29 MOW Loaded Baked Potato Soup # Peanut Butter/Jelly Uncrustable MOW Pea & Cheese Salad Mandarin Oranges</p>	<p>30 Sausage# /Sauerkraut Baby Bakers Zucchini Hoagie Bun Pears</p>	<p>1 Salisbury Steak w/Gravy Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce</p>
<p>4 Cheese Omelet Sweet Potato Puffs MOW Warm Peaches English Muffin Juice Fruited Yogurt</p>	<p>5 Breaded Chicken/Swiss Cheese/Bun Sliced Carrots Wax Beans Applesauce</p>	<p>6 Baked Ham # w/pineapple Baby Bakers Green Beans Dinner Roll Pears</p>	<p>7 MOW Macaroni & Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches</p>	<p>8 Meatloaf w/MOW Sauce Pierogies w/Onions 5 way Mixed Veg Dinner Roll Fresh Fruit</p>
<p>11 MOW Sloppy Joe on Bun Augratin Potatoes Corn Fruited Fluff w/pineapple</p>	<p>12 MOW Swedish Meatballs over Bowtie Pasta Peas Sliced Carrots Fruit Cocktail</p>	<p>13 Salsa Chicken Spanish Rice Lima Beans Juice Dried Apricots</p>	<p>14 Egg Patty/Sausage Patty#/Waffle Biscuit O'Brien Potatoes Warm Peaches Juice Raisins</p>	<p>15 Sausage #/Pepper/ Onions/Marinara Sauce/Bun Garlic Mashed Potatoes Bu Green Beans Peaches</p>
<p>18 Beef Hot Dog (2)/Buns Cheesy Potatoes Baked Beans Juice Lorna Doones</p>	<p>19 Sausage Gravy #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams</p>	<p>20 Baked Chicken Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce</p>	<p>21 MOW Cheesy Chicken Broccoli Rice Casserole Green Beans Dinner Roll Pears</p>	<p>22 MOW Sweet & Sour Meatballs Buttered Rice Broccoli Juice MOW Reg/Uns Fruited Gelatin</p>
<p>25 MOW Chicken Parmesan Cauliflower Bu Green Beans Dinner Roll Pineapple</p>	<p>26 MOW Chili Peanut Butter/Jelly Uncrustable Juice Fresh Fruit</p>	<p>27 MOW Ham # /green bean/Potato Casserole (8oz) MOW Warm Peaches Corn Muffin Juice Granola Bar</p>	<p>28 Turkey W/Gravy Mashed Sweet Potatoes Green Bean Casserole Dinner Roll Reg/Uns Choc Pudding</p>	<p>29 MOW Creamed Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears</p>

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