

# MAY | 2022

## Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>2</b> Hot Dog Augratin Potatoes MOW Baked Beans Bun Pears</p>	<p><b>3</b> MOW Pizza Casserole # California Blend Green Beans Juice Poundcake</p>	<p><b>4</b> Smothered Steak w/Onion &amp; Peppers Scalloped Potatoes 5 Way Mixed Veggies White Bread Pineapple</p>	<p><b>5</b> MOW Mexican Rice &amp; Chicken Casserole MOW Mexican Street Corn Juice Peaches</p>	<p><b>6</b> Chicken Patty Sliced Carrots Wax Beans Bun Mandarin Oranges</p>
<p><b>9</b> MOW Beef Stroganoff over Egg Noodles Lima Beans Juice Fresh Fruit</p>	<p><b>10</b> MOW Country Baked Steak W/ Gravy Baby Bakers Garden Blend Veg Dinner Roll Juice Animal Crackers</p>	<p><b>11</b> Meatball Sub w/cheese Pacific Blend Veg Wax Beans Bun Pears</p>	<p><b>12</b> Chicken Tenders w/dipping sauce Diced Potatoes Key Largo Veggie Wheat Bread Peaches</p>	<p><b>13</b> French Toast Stix w/syrup Bacon# MOW Baked Apples Juice Yogurt</p>
<p><b>16</b> MOW Mac &amp; Cheese MOW Stewed Tomatoes Broccoli Raisins</p>	<p><b>17</b> Ham w/Pineapple# Scalloped Potatoes Buttered Carrots Papaya</p>	<p><b>18</b> Cheese Omelet Hashbrowns Blueberry Muffin Juice Mandarin Oranges</p>	<p><b>19</b> MOW Chicken and Noodle Casserole Brussel Sprouts Peas &amp; Carrots Pears</p>	<p><b>20</b> Meatloaf w/ gravy Parslied Potatoes Cauliflower Wheat Bread Fruit Cocktail</p>
<p><b>23</b> MOW Sloppy Joe/Bun Diced Potatoes Vegetable Medley Juice Teddy Grahams</p>	<p><b>24</b> MOW Italian Sausage# w/Marinara/Bun Cheesy Hashbrowns Italian Vegetables Applesauce</p>	<p><b>25</b> MOW BBQ Riblet MOW Corn Casserole Green Beans Dinner Roll Tropical Fruit</p>	<p><b>26</b> MOW Swedish Meatballs Over Pasta Capri Blend Peas Fruit Cocktail</p>	<p><b>27</b> MOW Turkey Salad MOW Pea &amp; Cheese Salad MOW Potato Salad Croissant Juice Fig Bar</p>
<p><b>30</b> CLOSED <b>HAPPY MEMORIAL DAY</b></p>	<p><b>31</b> Salisbury Steak/Gravy Cheesy Mashed Potatoes Brussel Sprouts Dinner Roll Applesauce</p>	<p><b>1</b> Chicken Fried Rice Vegetable Spring Roll/sweet &amp; sour sauce Juice Fruit Cocktail</p>	<p><b>2</b> MOW Egg Salad/ Croissant MOW Carrot Salad MOW Pasta Salad Juice Peaches</p>	<p><b>3</b> Pancakes/Sausage Link/Scrambled Egg#/Syrup MOW Baked Apples Juice Yogurt w/Fruit</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