

AUGUST | 2022

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Grilled Chicken Breast On Waffle Biscuit W/Pickles Diced Carrots Bu Peas Mixed Fruit</p>	<p>2 Italian Sausage#/Marinara Sauce/Bun Seasoned Potatoes Italian Blend Veggie Fresh Fruit</p>	<p>3 MOW Chicken Salad MOW Tomato & Feta Salad MOW Bean Salad Bun Tropical Fruit</p>	<p>4 Marinara Meatballs Bu Noodles Zucchini Cauliflower Juice Poundcake</p>	<p>5 BBQ Pulled Chicken Garlic Roasted Potatoes Mixed Veggies Bun Peaches</p>
<p>8 Cheese Omelet Hash browns Waffle Biscuit Juice Mandarin Oranges</p>	<p>9 Chicken Tenders Honey Mustard Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones</p>	<p>10 MOW Baked Penne w/Meatsauce Carrots Italian Green Beans Tropical Fruit</p>	<p>11 Chicken Fried Rice Vegetable Spring Roll/sweet & sour sauce Juice Fruit Cocktail</p>	<p>12 MOW Sloppy Joe/Bun O'Brien Potatoes Bu Corn Teddy Grahams</p>
<p>15 MOW Egg Salad/ Croissant MOW Carrot Salad MOW Pasta Salad Juice Peaches</p>	<p>16 Pancakes/Sausage Link/Scrambled Egg#/Syrup MOW Baked Apples Juice Yogurt w/Fruit</p>	<p>17 MOW Open Face Roast Beef on Wheat Bread w/ Gravy Mashed Potatoes Green Beans Applesauce</p>	<p>18 Corn Dog MOW German Potato Salad MOW Baked Beans Juice Dried Apricots</p>	<p>19 Salisbury steak w/Gravy Mashed Potatoes Chef Cut Vegetable Assorted Bread Craisins</p>
<p>22 Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits</p>	<p>23 BBQ Riblet# Au gratin Potatoes Bu Peas Dinner Rolls Fruit Cocktail</p>	<p>24 Beef Hotdog/Bun Hash Browns Corn Juice Teddy Grahams</p>	<p>25 Chicken Fajita w/Onions/Peppers /Tortilla Roasted Veg w/red Quinoa Wax Beans Fresh Fruit</p>	<p>26 Egg Patty/Cheese Roasted Redskins Potatoes w/vegetables English muffin Juice Applesauce</p>
<p>28 MOW Ham Salad/Bun MOW Mustard Potato Salad MOW Garden Cottage Cheese Peaches</p>	<p>30 Meatloaf w/ MOW Mushroom Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Raisins</p>	<p>31 MOW Chicken Alfredo over Cavatappi Broccoli MOW Glazed Carrots Fruited Fluff</p>	<p>1 Cheeseburger/Pickles/ Onion/Bun Baby Bakers Green Beans Mango</p>	<p>2 MOW Breakfast Casserole Biscuit/Honey Warm Peaches Juice Animal Crackers</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