



DECEMBER | 2022

Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 Salisbury Steak/MOW Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Juice Animal Crackers</p>	<p>28 Cheese Stuffed Pasta w/Alfredo Sauce Italian Blend Veg Warm Applesauce Juice Teddy Grahams</p>	<p>30 MOW Swedish Meatballs over Bowtie Pasta Peas Sliced Carrots Fruit Cocktail</p>	<p>1 Beef Hot Dog/MOW Coney Sauce/Bun Cheesy Potatoes Baked Beans Juice Lorna Doones</p>	<p>2 Egg Patty/Sausage Patty/Waffle Biscuit O'Brien Potatoes Warm Peaches Juice Raisins</p>
<p>5 Smothered Beef Patty Garlic Mashed Potatoes Peas & Carrots Juice Oatmeal Cookie</p>	<p>6 Sloppy Joe on Bun Potato Wedges Corn O'Brien Juice Animal Crackers</p>	<p>7 Fajita Chicken with Peppers/Onions over Spanish Rice Green Beans Corn Fresh Fruit</p>	<p>8 Cheese Omelet Bacon Hashbrowns Apple Muffin Juice Peaches</p>	<p>9 Meatballs in Marinara Over Bowtie Pasta Italian Green Beans Cauliflower Juice Teddy Grahams</p>
<p>12 Meatloaf/Sauce Diced Rosemary Garlic Potatoes Glazed Carrots Wheat Bread Raisins</p>	<p>13 Chicken Pot Pie 8oz over Biscuit Brussel Sprouts Juice Pudding *Uns Pudding</p>	<p>14 Southwest Chicken Chili 8oz Cheese Crackers Peaches Juice</p>	<p>15 Polish Sausage#/Sauerkraut Mashed Potatoes Green Beans Wheat Bread Juice Shortbread Cookie</p>	<p>16 Stuffed Pepper Casserole Peas & Carrots Wax Beans Dinner Roll Pears</p>
<p>16 Cheeseburger on Bun Pickle Chips Baked Beans Bean Medley Juice Animal Crackers</p>	<p>20 French Toast Stix/Sausage Links#/syrup Cinnamon Peaches Juice Raisins</p>	<p>21 Baked Ham # Sweet Potatoes Broccoli Wheat Bread Juice Cookie</p>	<p>22 Tomato Soup Grilled Cheese Sandwich Juice Mandarin Oranges</p>	<p>23 AGENCY CLOSED</p>



26 **27** **28** **29** **30**

AGENCY CLOSED 12.23.22 – 1.2.23 hot meals resume 1.3.23.
Frozen meals resume 1.3.23

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