

SEPTEMBER | 2023

Meals on Wheels Northeast Ohio



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Chicken Fajita w/Onions/Peppers /Tortilla Roasted Vegetables with Red Quinoa Wax Beans Fresh Fruit
LABOR DAY CLOSED	5 Cheese Omelet Sausage Links# MOW Warm Peaches English Muffin Juice Fruited Yogurt	6 Breaded Chicken/Swiss Cheese/Bun Sliced Carrots Wax Beans Applesauce	7 Breaded Pork Chop # Baby Bakers Green Beans Dinner Roll Pears	8 MOW Macaroni & Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches
11 Meatloaf w/MOW Sauce Pierogies w/Onions Brussel Sprouts Dinner Roll Juice Fresh Fruit	12 MOW Sloppy Joe on Bun Au gratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple	13 MOW Sausage Gravy #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams	14 Enchilada Chicken Spanish Rice Fire Roasted Corn Juice Mandarin Oranges	15 Italian Sausage #//Marinara Sauce/Bun MOW Cheesy Potatoes Bu Green Beans Peaches
18 MOW BBQ Ranch Chicken Casserole Corn Dinner Roll Juice Applesauce	19 MOW Swedish Meatballs over Bowtie Pasta Peas Sliced Carrots Fruit Cocktail	20 Beef Hot Dog/MOW Coney Sauce/Bun Cheesy Potatoes Baked Beans Juice Reg/Uns Fruited Gelatin	21 Egg Patty/Sausage Patty#/Biscuit O'Brien Potatoes Warm Peaches Juice Raisins	22 MOW Parmesan Crusted Chicken MOW Cauliflower Bake Beets Dinner Roll Pineapple
25 MOW Creamed Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears	26 MOW Chili Peanut Butter/Jelly Uncrustable Cottage Cheese Juice Pineapple	27 Sausage# /Sauerkraut Mashed Potatoes Peas Dinner Roll Pears	28 MOW Cheesy Chicken Broccoli Rice Casserole (8oz) MOW Warm Peaches Corn Muffin Juice Granola Bar	29 MOW Sweet & Sour Meatballs over Buttered Rice Broccoli Diced Carrots MOW Reg/Uns Pudding

MOW = Made from scratch menu items.

pork in recipe

* Diabetic meal = low sugar dessert

All hot meals = No Added Salt

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

*Nora Logsdon, LD
Carla Winner, RD/LD*