

OCTOBER | 2023

Meals on Wheels Northeast Ohio



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|---|---|---|
| <p>2 Cavatappi w/Meatballs Italian Green Beans Warm Applesauce Juice Brownie *Lorna Doones</p> | <p>3 MOW Popcorn Chicken Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail</p> | <p>4 MOW Loaded Baked Potato Soup # Peanut Butter Crackers MOW Pea & Cheese Salad Juice Mandarin Oranges</p> | <p>5 Turkey W/Gravy Mashed Sweet Potatoes Green Bean Casserole Dinner Roll MOW Pumpkin Pudding</p> | <p>6 MOW Italian Baked Chicken Thigh Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce</p> |
| <p>9 Salisbury Steak/ MOW Mushroom grvy Mashed Potatoes Broccoli Wheat Bread Juice Reg/Uns Pudding</p> | <p>10 Cheese Omelet Sausage Links# MOW Warm Peaches English Muffin Juice Fruited Yogurt</p> | <p>8 Breaded Chicken/Swiss Cheese/Bun Sliced Carrots Wax Beans Applesauce</p> | <p>18 Breaded Pork Chop # Baby Bakers Green Beans Dinner Roll Pears</p> | <p>13 MOW Macaroni & Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches</p> |
| <p>11 Meatloaf w/MOW Sauce Pierogies w/Onions Brussel Sprouts Dinner Roll Juice Fresh Fruit</p> | <p>17 MOW Sloppy Joe on Bun Au gratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple</p> | <p>18 MOW Sausage Gravy #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams</p> | <p>19 Enchilada Chicken Spanish Rice Fire Roasted Corn Juice Mandarin Oranges</p> | <p>20 Italian Sausage #//Marinara Sauce/Bun MOW Cheesy Potatoes Bu Green Beans Peaches</p> |
| <p>23 MOW BBQ Ranch Chicken Casserole Corn Dinner Roll Juice Applesauce</p> | <p>24 MOW Swedish Meatballs over Bowtie Pasta Peas Sliced Carrots Fruit Cocktail</p> | <p>25 Beef Hot Dog/MOW Coney Sauce/Bun Cheesy Potatoes Baked Beans Juice Reg/Uns Fruited Gelatin</p> | <p>26 Egg Patty/Sausage Patty/Biscuit O'Brien Potatoes Warm Peaches Juice Raisins</p> | <p>27 MOW Parmesan Crusted Chicken MOW Cauliflower Bake Beets Dinner Roll Pineapple</p> |
| <p>30 MOW Creamed Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears</p> | <p>31 MOW Chili Peanut Butter/Jelly Uncrustable Cottage Cheese Juice Pineapple</p> | <p>1</p> | <p>2</p> | <p>3</p> |

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*