



DECEMBER | 2023

Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27



28

29

30

1

Smothered Beef Patty
Stewed Tomatoes
Wax Beans
Juice
Oatmeal Cookie

4

Sloppy Joe on Bun
Cheesy Potatoes
Corn O'Brien
Juice
Animal Crackers

5

Ham & Bean Soup
Corn Muffin
Cottage Cheese
Juice
Tropical Fruit

6

Meatballs in Marinara
Over Bowtie Pasta
Italian Green Beans
Cauliflower
Juice
Teddy Grahams

7

Cheese Omelet
Bacon
Hashbrowns
Apple Muffin
Juice
Peaches

8

Salisbury Steak/Gravy
Over Mashed Potatoes
Cauliflower
Dinner Roll
Juice
Warm MOW Apple Crisp

11

Swiss Steak w/Gravy
Baby Bakers
Broccoli
White Bread
Juice
Animal Crackers

12

Pizza Casserole #8oz
Bean Medley
Warm Peaches
Juice
Brownie
*Teddy Grahams

13

Chicken Pot Pie 8oz
over Biscuit
Brussel Sprouts
Tropical Fruit

14

Southwest Chicken Chili
8oz
Cheese Crackers
Peaches
Juice

15

Polish
Sausage#/Sauerkraut
Mashed Potatoes
Green Beans
Wheat Bread
Juice
Shortbread Cookie

18

Stuffed Pepper Casserole
Carrots
Peas
Dinner Roll
Pears

19

Cheeseburger on Bun
Pickle Chips
Baked Beans
Bean Medley
Juice
Peaches

20

Sliced Ham w/Sauce
Au gratin Potatoes
Broccoli
Wheat Bread
Juice
Christmas Cookie
*Uns Cookie

21

French Toast
Stix/Sausage
Links#/syrup
Cinnamon Peaches
Juice
Fruited Yogurt

22

Tomato Soup
Grilled Cheese Sandwich
Juice
Mandarin Oranges

25

**AGENCY CLOSED 12.25.23 – 1.2.24 hot meals resume
1.3.24. Frozen meals resume 1.3.24**

26

27

28

29

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*