



FEBRUARY | 2024

Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29



5 Cheeseburger on Bun
Pickle Chips
Baked Beans
Bean Medley
Juice
MOW Carnival Cookie
*Uns Cookie

12 Walking Taco with Taco
meat/Salsa, Black Beans,
Corn, Cheese,
Dorito Chips
Juice
Craisins

18 Swedish Meatballs over
Noodles
Beets
Carrots
Pineapple

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

30

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

13 Baked Chicken Thigh
w/Mushroom Gravy
Augratin Potatoes
5 way Mixed Veggies
Fresh Fruit

20 Cheesy Beef and Bow
Ties
Lima Beans
Cauliflower
Juice
MOW Choc Chip Cookie
*Shortbread Cookie

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

31

7 Chicken Bacon # Ranch
Baked Penne
Glazed Carrots
Broccoli
Juice
Teddy Grahams

14 Ash Wednesday

Tomato Soup
Grilled Cheese Sandwich
Juice
Mandarin Oranges

21 Smothered Beef Patty
Potato Wedges
Wax Beans
Juice
Oatmeal Cookie

28 Chicken Pot Pie 8oz
over Biscuit
Brussel Sprouts
Tropical Fruit

1

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

8 Chicken Tenders
w/dipping sauce
Augratin Potatoes
California Blend Veg
Dinner Roll
Juice
*Uns Lemon Cookie

15 Meatloaf/MOW Sauce
Diced Rosemary Garlic
Potatoes
Glazed Carrots
Wheat Bread
Raisins

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

29 Ham & Bean Soup
Corn Muffin
Cottage Cheese
Juice
Tropical Fruit

2

Stuffed Pepper Casserole
Carrots
Peas
Dinner Roll
Pears

9 BBQ Pulled Pork
Parslied Potatoes
Lima Beans
Bun
Fruited Gelatin
*Uns Fruited Gelatin

16 MOW Macaroni & Cheese
Stewed Tomatoes
Peas
Juice
Fruited Fluff

23 Broccoli & Cheese Soup
Egg Salad Salad
Bun
Juice
Applesauce

1 Cheese Omelet
Hashbrowns
Apple Muffin
Juice
Peaches

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*