



JANUARY | 2024

MEALS ON WHEELS NORTHEAST OHIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Closed	2 Closed	3 Chicken Tenders w/dipping sauce Augratin Potatoes California Blend Veg Wheat Bread Juice *Uns Lemon Cookie	4 Swedish Meatballs over Noodles Beets Peas Pineapple	5 Broccoli & Cheese Soup Beef Bologna Salad Bun Juice Applesauce
8 BBQ Pulled Pork Parslied Potatoes Lima Beans Bun MOW Fruited Gelatin *Uns MOW Fruited Gelatin	9 Walking Taco with Taco meat/Salsa, Black Beans, Corn, Cheese, Dorito Chips Juice Craisins	10 Baked Chicken Thigh w/Mushroom Gravy Augratin Potatoes 5 way Mixed Veggies Fresh Fruit	11 Meatloaf/MOW Sauce Diced Rosemary Garlic Potatoes Glazed Carrots Wheat Bread Raisins	12 MOW Breaded Pork Chop Scalloped Potatoes Peas Wheat Bread MOW Fruited Fluff
15 Closed 	16 Sloppy Joe on Bun Cheesy Potatoes Corn O'Brien Juice Animal Crackers	17 Chicken Bacon # Ranch Baked Penne Glazed Carrots Broccoli Peaches	18 Cheesy Beef and Bow Ties Lima Beans Corn Juice MOW Choc Chip Cookie *Shortbread Cookie	19 Smothered Beef Patty Stewed Tomatoes Wax Beans Juice Oatmeal Cookie
22 Ham & Bean Soup Corn Muffin Cottage Cheese Juice Tropical Fruit	23 Meatballs in Marinara Over Pasta Italian Green Beans Cauliflower Juice Teddy Grahams	24 Cheese Omelet Bacon Hashbrowns Apple Muffin Juice Peaches	25 Southwest Chicken Chili 8oz Cheese Crackers Peaches Juice	26 Swiss Steak w/Gravy Baby Bakers Broccoli White Bread Juice Animal Crackers
29 Pizza Casserole #8oz Bean Medley Warm Peaches Juice Brownie *Teddy Grahams	30 Chicken Pot Pie 8oz Biscuit Brussel Sprouts Tropical Fruit	31 Salisbury Steak/Gravy Over Mashed Potatoes Cauliflower Dinner Roll Warm MOW Apple Crisp	1	2 

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*