

# JULY | 2024



**Meals on Wheels Northeast Ohio – 330-832-7220**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>1</b> <b>CLOSED – Summer Shutdown</b>				
<b>8</b> Chicken Tenders Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones	<b>9</b> Sweet & Tangy Meatballs over Rice Zucchini Cauliflower Papaya	<b>10</b> Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	<b>11</b> Teriyaki Marinated Boneless Pork Chop# Augratin Potatoes Asian Blend Vegetable Mandarin Oranges	<b>12</b> Egg Patty/Ham Slice#/Cheese/ English muffin Roasted Redskins Potatoes Juice Applesauce
<b>15</b> BBQ Chicken/Bun Garlic Roasted Potatoes Mixed Veggies Pears	<b>16</b> MOW Egg Salad/ Bite Size Naan (5) MOW Carrot Salad MOW Macaroni Salad Juice Peaches	<b>17</b> Chicken Fried Rice Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	<b>18</b> MOW Sloppy Joe/Bun O'Brien Potatoes Bu Corn Juice MOW Cookie *Teddy Grahams	<b>19</b> Pancakes/Sausage Link#/Syrup MOW Baked Apples Juice Yogurt w/Fruit
<b>20</b> MOW Roast Beef w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce	<b>23</b> Mini Corn Dogs w/Honey Mustard MOW German Potato Salad# MOW Baked Beans Fresh Fruit	<b>24</b> Salisbury Steak w/MOW Mushroom Gravy Mashed Potatoes Chef Cut Vegetable Wheat Bread Craisins	<b>25</b> MOW Chicken Salad MOW Tomato, Cucumber & Feta Salad MOW Bean Salad Bun Tropical Fruit	<b>26</b> MOW BBQ Chicken Thigh Au gratin Potatoes Bu Peas Dinner Roll Reg/UnsFruited Gelatin
<b>28</b> Beef Hot Dog/Bun Hash Browns Corn Juice Blueberry Lemon Cookie Bites	<b>30</b> Chicken Fajita w/Onions/Peppers /Tortilla Spanish Rice Wax Beans Fresh Fruit	<b>31</b> Baked Penne w/MOW Meatsauce Carrots Italian Green Beans Tropical Fruit	<b>1</b> MOW Ham Salad#/Bun MOW Mustard Potato Salad MOW Garden Cottage Cheese Peaches	<b>2</b> Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes Brussel Sprouts Dinner Roll Raisins

**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*