

AUGUST | 2024

MEALS ON WHEELS NORTHEAST OHIO – 330-832-7220



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29</p>	<p>30</p> 	<p>31</p>	<p>1 MOW Ham Salad#/Bun MOW Mustard Potato Salad MOW Garden Cottage Cheese Peaches</p>	<p>2 Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes Brussel Sprouts Dinner Roll Raisins</p>
<p>5 MOW Chicken Alfredo over Cavatappi Broccoli MOW Glazed Carrots Fruited Fluff</p>	<p>6 Cheeseburger/Pickles/ Tomato/Bun Baby Bakers Green Beans Vanilla Pudding *Uns Vanilla Pudding</p>	<p>MOW Breakfast Casserole # Biscuit/Honey Warm Peaches Juice Animal Crackers</p>	<p>8 Grilled Chicken Breast Bun/Pickles/Mayo Pkt Diced Carrots Bu Peas Mixed Fruit</p>	<p>9 Braut#/Bun Seasoned Potatoes Italian Blend Veggie Juice Fresh Fruit</p>
<p>12 MOW Chicken Salad MOW Tomato, Cucumber & Feta Salad MOW Bean Salad Bun Tropical Fruit</p>	<p>13 Sweet & Tangy Meatballs over Rice Zucchini Cauliflower Papaya</p>	<p>14 BBQ Chicken/Bun Garlic Roasted Potatoes Mixed Veggies Peaches</p>	<p>15 Teriyaki Marinated Boneless Pork Chop# Au gratin Potatoes Asian Blend Vegetable Mandarin Oranges</p>	<p>16 Chicken Tenders Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones</p>
<p>19 Egg Patty/Ham Slice#/Cheese/ English muffin Roasted Redskins Potatoes Juice Applesauce</p>	<p>20 Chicken Fried Rice Vegetable Spring Rolls/sweet & sour sce Asian Blend Veg Juice Fruit Cocktail</p>	<p>21 MOW Sloppy Joe/Bun O'Brien Potatoes Bu Corn Juice MOW Cookie *Teddy Grahams</p>	<p>22 MOW Egg Salad/ Bite Size Naan (5) MOW Carrot Salad MOW Macaroni Salad Juice Peaches</p>	<p>23 Pancakes/Sausage Link#/Syrup MOW Baked Apples Juice Yogurt w/Fruit</p>
<p>26 MOW Roast Beef w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce</p>	<p>27 Mini Corn Dogs w/Honey Mustard MOW German Potato Salad# MOW Baked Beans Fresh Fruit</p>	<p>28 Salisbury Steak w/MOW Mushroom Gravy Mashed Potatoes Chef Cut Vegetable Wheat Bread Craisins</p>	<p>29 Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits</p>	<p>30 MOW BBQ Chicken Thigh Au gratin Potatoes Bu Peas Dinner Roll Reg/UnsFruited Gelatin</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