

OCTOBER | 2024



MEALS ON WHEELS NORTHEAST OHIO – 330-832-7220

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> 	<p>1 Cavatappi w/MOW Meatsauce Green Beans Warm Applesauce Juice Brownie *Lorna Doones</p>	<p>2 MOW Popcorn Chicken Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail</p>	<p>3 MOW Loaded Baked Potato Soup # Peanut Butter Crackers MOW Pea & Cheese Salad Mandarin Oranges</p>	<p>4 Turkey W/Gravy Mashed Potatoes Green Bean Casserole Dinner Roll MOW Pumpkin Pudding</p>
<p>7 MOW Italian Baked Chicken Thigh Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce</p>	<p>8 Salisbury Steak/ MOW Mushroom gravy Mashed Potatoes Mediterranean Blend Veg Wheat Bread Juice Blueberry Lemon Cookie Bites</p>	<p>9 Cheese Omelet Sausage Links# MOW Warm Peaches Blueberry Muffin Juice Fruited Yogurt</p>	<p>10 Breaded Chicken/Swiss Cheese Scalloped Potatoes German Blend Veg Applesauce</p>	<p>11 Pizza Burger Patty/Marinara Sauce Baby Bakers Italian Mixed Veg Dinner Roll Pears</p>
<p>14 MOW Macaroni & Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches</p>	<p>15 Meatloaf w/MOW Sauce Pierogies w/Sauteed Onions Brussel Sprouts Juice Fresh Fruit</p>	<p>16 MOW Sloppy Joe on Bun Augratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple</p>	<p>17 MOW Sausage Gravy #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams</p>	<p>18 Enchilada Chicken Spanish Rice Fire Roasted Corn Juice Mandarin Oranges</p>
<p>21 Italian Sausage #//Marinara Sauce MOW Cheesy Potatoes Bu Green Beans Peaches</p>	<p>22 MOW BBQ Ranch Chicken Casserole Pacific Veg Blend Dinner Roll Juice Applesauce</p>	<p>23 Chicken Fried Beef Patty w/Country Gravy Peas Sliced Carrots Fruit Cocktail</p>	<p>24 Beef Hot Dog/MOW Coney Sauce/Bun Cheesy Potatoes Baked Beans Reg/Uns Fruited Gelatin</p>	<p>25 Egg Patty/Sausage Patty O'Brien Potatoes Warm Peaches Wheat Bread Raisins</p>
<p>26 MOW Parmesan Crusted Chicken MOW Cauliflower Bake Beets Dinner Roll Pineapple</p>	<p>27 MOW Creamed Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears</p>	<p>30 MOW Chili Peanut Butter/Jelly Uncrustable Cottage Cheese Juice Pineapple</p>	<p>31 Sausage# /Sauerkraut Mashed Potatoes Peas Dinner Roll Peaches</p>	<p>1 MOW Cheesy Chicken Broccoli Rice Casserole (8oz) MOW Warm Peaches Corn Muffin Juice Granola Bar</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
Carla Winner, RD/LD*