



MARCH | 2025

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY ASH WEDNESDAY	THURSDAY	FRIDAY
3 MOW Swiss Steak W/ MOW Gravy Baby Bakers Garden Blend Veg Dinner Roll Juice Animal Crackers 10 Chicken Tenders w/dipping sauce Rosemary Garlic Potatoes Key Largo Veggie Dinner Roll Peaches	4 MOW Sausage Gravy over Biscuit Cinnamon Peaches Hashbrown Potatoes Juice Oatmeal Cookie 11 Meatloaf w/MOW Meatloaf Sauce Over Mashed Potatoes Cauliflower Dinner Roll Fruit Cocktail	5 Lasagna Cheese Roll Up with Alfredo Sce Malibu Blend Veg Green Beans Mango 12 MOW Baked Caprese Chicken California Blend Green Beans Pears	6 MOW Chili Peanut Butter & Jelly Uncrustable Cottage Cheese Applesauce Chocolate Pudding 13 MOW Sloppy Joe/Bun Red Skin Potatoes Vegetable Medley Juice MOW Baked Cookie	7 Egg Patty/Cheese MOW Baked Apples English Muffin Juice Yogurt 14 MOW Mac & Cheese MOW Stewed Tomatoes Broccoli Fruited Fluff
17 Deconstructed Rubeen Sandwich/1000 Island Baby Bakers Chef Cut Veg blend Rye Bread Juice Special Cookie	18 MOW BBQ Riblet MOW Corn Casserole Chef Cut Veg Blend Dinner Roll Tropical Fruit	19 MOW Swedish Meatballs Over Pasta Capri Blend Veg Wax Beans Fresh Fruit	20 MOW Turkey Salad MOW Pickled Beet Salad MOW Tomato Feta Salad Croissant Juice Shortbread Cookie	21 MOW Vegetable Soup MOW Grilled Cheese Sandwich MOW Cucumber Salad Pineapple
MOW Johnny Marzetti Green Beans Cauliflower Juice Fruited Gelatin	25 Beef Hot Dog w/MOW Coney Sauce/Bun MOW Baked Beans# Applesauce Juice Goldfish Vanilla Graham Cracker	26 MOW Chicken Parmesan w/ Sauce Italian Green Beans Dinner Roll Juice Nutty Buddy	27 MOW Italian Sausage# w/Peppers/Onions/ Marinara Cheesy Hashbrowns Italian Vegetables Applesauce	28 Eggplant Parmesan/ Cheese/Sce Ital Veggie Blend Cauliflower Juice Goldfish Cinnamon Graham Crackers
31 Chicken Cordon Bleu Scalloped Potatoes 5 Way Veggies White Bread Pineapple	1 Pork Chop over Sauerkraut Mashed Potatoes Peas Juice Lemon Cookie	2 Chicken Patty w/Cheese/Bun Sliced Carrots Green Beans Mandarin Oranges	3 Roast Beef w/au jus Cauliflower Broccoli w/Cheese Sauce Juice Fresh Fruit	4 Cheese Omelet Hashbrowns Blueberry Muffin Juice Fruited Gelatin

MOW = Made from scratch menu items.

pork in recipe

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