

JULY | 2025



Traditional Wellness – Meals on Wheels Northeast Ohio – 330-832-7220

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Breakfast	FRIDAY
30 Sweet & Tangy Meatballs # over Rice Zucchini Cauliflower Papaya	1 Philly Cheese Steak w/Peppers/onions/hotdog bun Broccoli Mixed Veggies Peaches	2 Breaded Pork Cutlet # MOW German Potato Salad# Brussel Sprouts Mandarin Oranges	3 Burrito/Scrambled Eggs/Bacon#/Cheese Roasted Redskins Potatoes Baked Apples Tortilla/Salsa Yogurt	4 CLOSED 
7 Chicken Tenders Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones	8 MOW Sloppy Joe/Bun Potato Wedges Bu Corn Juice MOW Cookie	9 Chicken Fried Rice Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	10 MOW Egg Salad/ Bite Size Naan (5) MOW Carrot Salad MOW Macaroni Salad Juice Peaches	11 Pancakes/Sausage Link 2oz#/ SF Syrup MOW Baked Apples Juice Fruited Yogurt
14 MOW Roast Beef w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce	15 Chicken Corn Dog w/Honey Mustard Scalloped Potatoes MOW Baked Beans# Fresh Fruit	16 Salisbury Steak w/MOW Mushroom Gravy Mashed Potatoes Chef Cut Vegetable Wheat Bread Craisins	17 Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	18 MOW BBQ Chicken Augratin Potatoes Bu Peas Dinner Roll Fruited Gelatin
21 Beef Hot Dog/Bun Hash Browns Corn Juice Blueberry Lemon Cookie Bites	22 Chicken Fajita w/Onions/Peppers /Tortilla Spanish Rice Seasoned Black Beans Juice Fresh Fruit	23 Baked Penne w/MOW Meatsauce Carrots Italian Green Beans Tropical Fruit	24 MOW Ham Salad# MOW Mustard Potato Salad MOW Garden Cottage Cheese 3 pkgs Ritz Crackers Peaches	25 Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes Lima Beans Dinner Roll Raisins
28 MOW Chicken Alfredo over Cavatappi Broccoli MOW Glazed Carrots Fruited Fluff	29 Cheeseburger/Pickles/ Tomato/Bun Baby Bakers Green Beans Vanilla Pudding	30 MOW Breakfast Casserole # Biscuit/Honey Warm Peaches Juice Animal Crackers	31 Grilled Chicken Breast Bun/Pickles Diced Carrots Bu Peas Mixed Fruit	1 Braut#/Bun Seasoned Potatoes Italian Blend Veggie Juice Fresh Fruit

NEW OFFICE HOURS
M – F 7:30am –
3:00pm

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
Carla Winter, RD, LD