

AUGUST | 2025

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MOW Chicken Alfredo over Cavatappi Broccoli MOW Glazed Carrots Fruited Fluff	2 Cheeseburger/Pickles/ Tomato/Bun Baby Bakers Green Beans Vanilla Pudding	3 MOW Breakfast Casserole # Biscuit/Honey Warm Peaches Juice Animal Crackers	3 Grilled Chicken Breast Bun/Pickles Diced Carrots Bu Peas Mixed Fruit	1 Braut#/Bun Seasoned Potatoes Italian Blend Veggie Juice Fresh Fruit
4 MOW Chicken Salad MOW Tomato Salad MOW Bean Salad 3 pkgs of Crackers Tropical Fruit	5 Sweet & Tangy Meatballs # over Rice Zucchini Cauliflower Papaya	6 Philly Cheese Steak w/Peppers/onions/hotdog bun Broccoli Mixed Veggies Peaches	7 Breaded Pork Cutlet # MOW German Potato Salad# Brussel Sprouts Mandarin Oranges	8 Chicken Tenders Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones
11 Breakfast Burrito/Scrambled Eggs/Bacon#/Cheese Roasted Redskins Potatoes Baked Apples Tortilla/Salsa Yogurt	12 Chicken Fried Rice Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	17 MOW Sloppy Joe/Bun Potato Wedges Bu Corn Juice MOW Cookie	14 MOW Egg Salad/ Bite Size Naan (5) MOW Carrot Salad MOW Macaroni Salad Juice Peaches	15 Pancakes/Sausage Link 2oz#/ SF Syrup MOW Baked Apples Juice Fruited Yogurt
1 MOW Roast Beef w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce	19 Chicken Corn Dog w/Honey Mustard Scalloped Potatoes MOW Baked Beans# Fresh Fruit	Salisbury Steak w/MOW Mushroom Gravy Mashed Potatoes Chef Cut Vegetable Wheat Bread Craisins	21 Breaded Chicken Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	21 MOW BBQ Chicken Augratin Potatoes Bu Peas Dinner Roll Fruited Gelatin
2 Beef Hot Dog/Bun Hash Browns Corn Juice Blueberry Lemon Cookie Bites	26 Chicken Fajita w/Onions/Peppers /Tortilla Spanish Rice Seasoned Black Beans Juice Fresh Fruit	27 Baked Penne w/MOW Meatsauce Carrots Italian Green Beans Tropical Fruit	28 MOW Ham Salad# MOW Mustard Potato Salad MOW Garden Cottage Cheese 3 pkgs Ritz Crackers Peaches	29 Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes Lima Beans Dinner Roll Raisins

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