

September

2025

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLOSED 01 	Cheese Omelet 02 Sausage Links# MOW Warm Peaches Blueberry Muffin Juice Yogurt	Salisbury Steak/ 03 MOW Mushroom gravy over Mashed Potatoes Mediterranean Blend Veg Dinner Roll Juice Blueberry Lemon Cookie Bites	Breaded Chicken/Swiss 04 Cheese Scalloped Potatoes German Blend Veg Applesauce	Pizza Burger Patty# 05 /Marinara Sauce/ Cheese Baby Bakers Italian Mixed Veg Dinner Roll Pears	NEW OFFICE HOURS M – F 7:30am – 3:00pm MOW = Made from scratch menu items.
MOW Macaroni & 08 Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches	Meatloaf w/MOW Sauce 09 Pierogies w/Sauteed Onions Brussel Sprouts Juice Fresh Fruit	MOW Sloppy Joe on 10 Bun Augratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple	MOW Sausage Gravy 11 #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams	MOW Enchilada Chicken 12 Spanish Rice Fire Roasted Corn Juice Mandarin Oranges	# pork in recipe All hot meals = No Added Salt
Italian Sausage 15 #//Marinara Sauce MOW Cheesy Potatoes Green Beans Peaches	MOW BBQ Ranch 16 Chicken Casserole Pacific Veg Blend Dinner Roll Juice Applesauce	Chicken Fried Beef 17 Fritter w/Country Gravy Peas Sliced Carrots Fruit Cocktail	Beef Hot Dog/Bun 18 Cheesy Potatoes MOW Baked Beans MOW Fruited Gelatin	Egg Patty/Sausage 19 Patty # O'Brien Potatoes Warm Peaches Wheat Bread Raisins	Entrée – 3oz Casserole/Soup 6oz or 8oz Fruit/Vegetable 4oz Milk – 8oz Dessert – 1 svg
MOW Parmesan 22 Crusted Chicken MOW Cauliflower Bake Beets Dinner Roll Pineapple	MOW Creamed 23 Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears	MOW Chili 24 Oyster Crackers Cottage Cheese Juice Pineapple	Shredded Pork# and 25 Sauerkraut over Mashed Potatoes Peas Dinner Roll Peaches	MOW Cheesy Chicken 26 Broccoli Rice Casserole (8oz) MOW Warm Peaches Corn Muffin Juice Nutty Buddy Bar	Please call 2 working days in advance to cancel your meal 330-832-7220
MOW Sweet & Sour 29 Meatballs # over Buttered Rice Cauliflower Diced Carrots MOW Fruited Gelatin	Cavatappi w/MOW 30 Meatsauce Green Beans Warm Applesauce Juice MOW Baked Cookie	MOW Popcorn 01 Chicken Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail	MOW Loaded Baked 02 Potato Soup # Peanut Butter Crackers MOW Pea & Cheese Salad Mandarin Oranges	Turkey in Gravy over 03 Mashed Potatoes Green Bean Casserole Dinner Roll MOW Pudding	Substitutions may be made due to availability Nora Logsdon, LD Carla Winter, RD, LD