## October

2025

## Sack Lunch - Meals on Wheels Northeast Ohio -330-832-7220

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sliced turkey/Chee	Turkey Pastrami 02	Cook's Choice 03
		Wrap	Sandwich	
		Pickled Beet Salad Fruit	Garbanzo Bean Salad Fruit	/
		Dessert	Dessert	
		Juice	Juice	
Egg Salad 06	Beef Bologna/Chee	Italian Meat Sandwingh	Roast Beef Sandwid	Cook's Choice 10
3 Pkgs Ritz Crackers	Sandwich	Coleslaw	Macaroni Salad	COOKS CHOICE 10
Garden Cottage Cheese	Bean Salad	Fruit	Fruit	
Fruit	Fruit	Dessert	Dessert	
Juice	Juice	Juice	Juice	
Dessert	Dessert			
Chicken Salad Sandwich	PBJ Uncrustable 14	Sliced turkey/Chee\$5	Turkey Pastrami 16	Cook's Choice 17
Pea & Cheese Salad	Potato Salad	Wrap	Sandwich	
Fruit	Fruit	Pickled Beet Salad	Garbanzo Bean Salad	
Dessert	Dessert	Fruit	Fruit	
Juice	Juice	Dessert	Dessert	
	2 (2)	Juice	Juice	
Egg Salad 20	Beef Bologna/Chee <b>ze</b>	Italian Meat Sandwigh	Roast Beef Sandwi23	Cook's Choice 24
3 Pkgs Ritz Crackers	Sandwich Sandwich	Coleslaw	Macaroni Salad	
Garden Cottage Cheese Fruit	Bean Salad Fruit	Fruit	Fruit	
Juice	Juice	Dessert Juice	Dessert Juice	
Dessert	Dessert	Juice	Juice	
Chicken Salad San		Sliced turkey/Chee29	Turkey Pastrami 30	Cook's Choice 31
Pea & Cheese Salad	Potato Salad	Wrap	Sandwich	31
Fruit	Fruit	Pickled Beet Salad	Garbanzo Bean Salad	
Dessert	Dessert	Fruit	Fruit	
Juice	Juice	Dessert	Dessert	
		Juice	Juice	

If you need to cancel due to an appt, we can send you an early sack lunch the day before. If you don't care for the hot meal of the day, instead of cancelling, call and ask for a sack lunch. You must call 2 business days in advance by 11am to make this change. Nora Logsdon, LD

Carla Winter, RD,LD