

November

2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOW Sweet & Sour 03 Meatballs # over Buttered Rice Cauliflower Diced Carrots MOW Fruited Gelatin	Cavatappi w/MOW 04 Meatsauce Green Beans Warm Applesauce Juice MOW Baked Cookie	MOW Popcorn Chicken 05 Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail	MOW Loaded Baked Potato 06 Soup # Peanut Butter Crackers MOW Pea & Cheese Salad Mandarin Oranges	MOW Italian Baked 07 Chicken Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce
Salisbury Steak/ 10 MOW Mushroom gravy over Mashed Potatoes Mediterranean Blend Veg Dinner Roll Juice Blueberry Lemon Cookie Bites	Cheese Omelet 11 Sausage Links# MOW Warm Peaches Blueberry Muffin Juice Yogurt	Breaded Chicken/Swiss 12 Cheese Scalloped Potatoes German Blend Veg Applesauce	Pizza Burger Patty# 13 /Marinara Sauce/ Cheese Baby Bakers Italian Mixed Veg Dinner Roll Pears	MOW Macaroni & 14 Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches
Meatloaf w/MOW Sauce 17 Pierogies w/Sauteed Onions Brussel Sprouts Juice Fresh Fruit	MOW Sloppy Joe on 18 Bun Augratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple	MOW Sausage Gravy 19 #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams	MOW Enchilada 20 Chicken Spanish Rice Fire Roasted Corn Juice Mandarin Oranges	Italian Sausage 21 #//Marinara Sauce MOW Cheesy Potatoes Green Beans Peaches
MOW BBQ Ranch Chicken 24 Casserole Pacific Veg Blend Dinner Roll Juice Applesauce	Chicken Fried Beef 25 Fritter w/Country Gravy Peas Sliced Carrots Fruit Cocktail	Turkey in Gravy over 26 Mashed Potatoes Green Bean Casserole Dinner Roll MOW Pudding	CLOSED 27 	CLOSED 28 
<i>Nora Logsdon, LD</i> <i>Carla Winter,</i> <i>RD, LD</i>	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