

October

2025

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		MOW Popcorn Chicken 01 Bowl Mashed Potatoes Corn/Gravy Dinner Roll Fruit Cocktail	MOW Loaded Baked Potato 02 Soup # Peanut Butter Crackers MOW Pea & Cheese Salad Mandarin Oranges	Turkey in Gravy over 03 Mashed Potatoes Green Bean Casserole Dinner Roll MOW Pudding
MOW Italian Baked Chicken 06 Rosemary Potatoes California Blend Vegetable Dinner Roll Applesauce	Salisbury Steak/ MOW Mushroom gravy over 07 Mashed Potatoes Mediterranean Blend Veg Dinner Roll Juice Blueberry Lemon Cookie Bites	Cheese Omelet 08 Sausage Links# MOW Warm Peaches Blueberry Muffin Juice Yogurt	Breaded Chicken/Sw 09 Cheese Scalloped Potatoes German Blend Veg Applesauce	Pizza Burger Patty# 10 /Marinara Sauce/Cheese Baby Bakers Italian Mixed Veg Dinner Roll Pears
MOW Macaroni & Cheese 13 MOW Stewed Tomatoes San Fran Veg Blend Peaches	Meatloaf w/MOW Sce 14 Pierogies w/Sauteed Onions Brussel Sprouts Juice Fresh Fruit	MOW Sloppy Joe on 15 Bun Augratin Potatoes 5 Way Mix Veg Fruited Fluff w/pineapple	MOW Sausage Gravy 16 #over Biscuit Hashbrowns Baked Apples Juice Teddy Grahams	MOW Enchilada 17 Chicken Spanish Rice Fire Roasted Corn Juice Mandarin Oranges
Italian Sausage 20 #/Marinara Sauce MOW Cheesy Potatoes Green Beans Peaches	MOW BBQ Ranch 21 Chicken Casserole Pacific Veg Blend Dinner Roll Juice Applesauce	Chicken Fried Beef 22 Fritter w/Country Gravy Peas Sliced Carrots Fruit Cocktail	Beef Hot Dog/Bun 23 Cheesy Potatoes MOW Baked Beans MOW Fruited Gelatin	Egg Patty/Sausage 24 Patty # O'Brien Potatoes Warm Peaches Wheat Bread Raisins
MOW Parmesan Crusted 27 Chicken MOW Cauliflower Bake Beets Dinner Roll Pineapple	MOW Creamed Chicken 28 over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears	MOW Chili 29 Oyster Crackers Cottage Cheese Juice Pineapple	Shredded Pork# and 30 Sauerkraut over Mashed Potatoes Peas Dinner Roll Peaches	MOW Cheesy Chicken 31 Broccoli Rice Casserole (8oz) MOW Warm Peaches Corn Muffin Juice Nuttty Buddy Bar

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*