

December 2025

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese Omelet Bacon Hashbrowns Apple Muffin Juice Peaches	1	MOW Sloppy Joe on Bun Cheesy Potatoes Bean Medley Juice Applesauce	2	MOW Ham & Bean Soup 8oz Corn Muffin Cottage Cheese Juice Tropical Fruit	3	Meatballs in Marinara Over Bowtie Pasta Italian Green Beans Cauliflower Juice Teddy Grahams	4	Smothered Beef Patty Stewed Tomatoes Wax Beans Juice Oatmeal Cookie	5
Salisbury Steak/Gravy Over Mashed Potatoes Cauliflower Dinner Roll Applesauce	8	MOW Chicken Pot Pie 8oz over Biscuit Brussel Sprouts Baked Apples Nutty Buddy Bar	9	MOW Pizza Casserole #6oz Bean Medley Warm Peaches Juice Animal Crackers	10	Swiss Steak w/Gravy Baby Bakers Broccoli White Bread Tropical Fruit	11	MOW Southwest Chicken Chili 8oz Cheese Crackers Peaches Juice	12
Polish Sausage#/Sauerkraut Mashed Potatoes Baked Beans Juice Shortbread Cookie	15	MOW Stuffed Pepper Casserole 6oz Carrots Broccoli Pears	16	Cheeseburger on Bun Pickle Slices Green Beans Au gratin Potatoes Applesauce	17	Fried Egg Patty (2)/Sausage Links#/Hashbrowns Cinnamon Peaches Juice Yogurt	18	MOW Tomato Soup 8oz Grilled Cheese Sandwich Juice Mandarin Oranges MOW Carnival Cookie	19
Baked Ham w/Pineapple Slice Buttered Carrots Peas Juice Dinner Roll Christmas Cookie	22	MOW Broccoli & Cheese Soup 8oz Beef Bologna/Cheese on Bun Juice Pears	23	AGENCY CLOSED 12.24.25 – 1.2.26					24
									25
									26
	29		30		31		1		2
Hot meals resume 1.5.26. Frozen meals resume 1.5.26 Should we need to cancel due to bad weather it will be posted on: WKYC – 3, FOX 8, WVIZ – 25, WKSU FM 89.7, WCPN FM 104.9, WCLV FM 90.3, WCRF – FM 103.3 and WHBC 1480. We will also send out text and email to those we have info on file.									

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 Lagdon, LD
Carla Winter,
RD, LD*