

# January

# 2026

## Traditional Wellness - Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

Chicken Tenders  
w/dipping sauce  
Augratin Potatoes  
California Blend Veg  
Dinner Roll  
Juice  
Lemon Cookie

05

MOW Swedish Meatball  
over  
Noodles  
Beets  
Peas  
Pineapple

MOW Cheesy Beef and  
Bow Ties 6oz  
Cauliflower  
Green Beans  
Juice  
MOW Choc Chip Cookie

MOW Breaded Pork Chop  
Scalloped Potatoes  
Broccoli  
Wheat Bread  
MOW Tropical Delight

12

Ground Beef Taco/ Mild  
Salsa, Cheese,  
guacaomole  
Tortilla  
Fireroasted Black  
bean/Corn Veg  
Peaches

MOW BBQ Pulled Pork  
Diced Rosemary Garlic  
Potatoes  
Green Beans  
Bun  
Fruited Gelatin



19

Meatballs in Marinara  
Over Bowtie Pasta  
Italian Green Beans  
Cauliflower  
Juice  
Teddy Grahams

MOW Ham & Bean Soup  
8oz  
Corn Muffin  
Cottage Cheese  
Juice  
Tropical Fruit

MOW Chicken Pot Pie  
over Biscuit  
Brussel Sprouts  
Baked Apples  
Nutty Buddy Bar

26

MOW Pizza Casserole  
#6oz  
Bean Medley  
Warm Peaches  
Juice  
Animal Crackers

Swiss Steak w/Gravy  
Baby Bakers  
Broccoli  
White Bread  
Tropical Fruit

27

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01  
AGENCY CLOSED  
12.24.25 – 1.2.26

02

MOW Baked Chicken  
w/Mushroom Gravy  
Augratin Potatoes  
5 way Mixed Veggies  
Fresh Fruit

Meatloaf/MOW Sauce  
Over Garlic Mashed  
Buttered Carrots  
Dinner Roll  
Applesauce

08

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14

Cheese Omelet  
Bacon  
Hashbrowns  
Apple Muffin  
Juice  
Peaches

15

MOW Sloppy Joe on Bun  
Cheesy Potatoes  
Bean Medley  
Juice  
Applesauce

16

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Smothered Beef Patty  
Stewed Tomatoes  
Wax Beans  
Juice  
Oatmeal Cookie

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Salisbury Steak/Gravy  
Over Mashed Potatoes  
Cauliflower  
Dinner Roll  
Applesauce

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