

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 05
w/dipping sauce
Augratin Potatoes
California Blend Veg
Dinner Roll
Juice
Lemon Cookie

MOW Swedish Meatball 06
over
Noodles
Beets
Peas
Pineapple

MOW Cheesy Beef and 07
Bow Ties 6oz
Cauliflower
Green Beans
Juice
MOW Choc Chip Cookie

01
AGENCY CLOSED
12.24.25 – 1.2.26

02

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

MOW Breaded Pork Chop 12
Scalloped Potatoes
Broccoli
Wheat Bread
MOW Tropical Delight

Ground Beef Taco/ Mild 13
Salsa, Cheese,
guacaomole
Tortilla
Fireroasted Black
bean/Corn Veg
Peaches

MOW BBQ Pulled Pork 14
Diced Rosemary Garlic
Potatoes
Green Beans
Bun
Fruited Gelatin

Cheese Omelet 15
Bacon
Hashbrowns
Apple Muffin
Juice
Peaches

MOW Sloppy Joe on Bun 16
Cheesy Potatoes
Bean Medley
Juice
Applesauce

CLOSED 19



Meatballs in Marinara 20
Over Bowtie Pasta
Italian Green Beans
Cauliflower
Juice
Teddy Grahams

MOW Ham & Bean Soup 21
8oz
Corn Muffin
Cottage Cheese
Juice
Tropical Fruit

Smothered Beef Patty 22
Stewed Tomatoes
Wax Beans
Juice
Oatmeal Cookie

Salisbury Steak/Gravy 23
Over Mashed Potatoes
Cauliflower
Dinner Roll
Applesauce

MOW Chicken Pot Pie 26
over Biscuit
Brussel Sprouts
Baked Apples
Nuttty Buddy Bar

MOW Pizza Casserole 27
#6oz
Bean Medley
Warm Peaches
Juice
Animal Crackers

Swiss Steak w/Gravy 28
Baby Bakers
Broccoli
White Bread
Tropical Fruit

MOW Southwest Chicken 29
Chili 8oz
Cheese Crackers
Peaches
Juice

Polish 30
Sausage#/Sauerkraut
Mashed Potatoes
Baked Beans
Juice
Shortbread Cookie