

February

2026

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MOW Stuffed Pepper Casserole 6oz Carrots Broccoli Pears 02	Cheeseburger on Bun Pickle Slices Green Beans Augratin Potatoes Applesauce 03	Fried Egg Patty (2)/Sausage Links#/ Hashbrowns Cinnamon Peaches Juice Yogurt 04	Baked Ham w/Pineapple Slices Buttered Carrots Peas Juice Dinner Roll Blueberry Lemon Crisp cookies 05	Chicken Tenders w/dipping sauce Augratin Potatoes California Blend Veg Dinner Roll Juice Lemon Cookie 06
MOW BBQ Pulled Pork Diced Rosemary Garlic Potatoes Green Beans Bun Fruited Gelatin 09	Ground Beef Taco/ Mild Salsa, Cheese, guacaomole Tortilla Fireroasted Black bean/Corn Veg Peaches 10	MOW Baked Chicken w/Mushroom Gravy Augratin Potatoes 5 way Mixed Veggies Fresh Fruit 11	Meatloaf/MOW Sauce Over Garlic Mashed Buttered Carrots Dinner Roll Applesauce 12	MOW Breaded Pork Chop Scalloped Potatoes Broccoli Wheat Bread MOW Tropical Delight 13
MOW Swedish Meatballs over Noodles Beets Peas Pineapple 16	MOW Cheesy Beef and Bow Ties 6oz Cauliflower Green Beans Juice MOW Choc Chip Cookie 17	ASH WEDNESDAY Cheese Omelet Hashbrowns Apple Muffin Juice Peaches 18	MOW Sloppy Joe on Bun Cheesy Potatoes Bean Medley Juice Applesauce 19	MOW Tomato Soup 8oz Grilled Cheese Sandwich Juice Mandarin Oranges MOW Carnival Cookie 20
MOW Ham & Bean Soup 8oz Corn Muffin Cottage Cheese Juice Tropical Fruit 23	Meatballs in Marinara Over Bowtie Pasta Italian Green Beans Cauliflower Juice Teddy Grahams 24	Smothered Beef Patty Stewed Tomatoes Wax Beans Juice Oatmeal Cookie 25	Salisbury Steak/Gravy Over Mashed Potatoes Cauliflower Dinner Roll Applesauce 26	MOW Broccoli & Cheese Soup 8oz Peanut Butter and Jelly Un crustable Juice Pears 27
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 Lagsdon, LD

Carla Winter,

RD, LD