

# May

# 2026

**Traditional Wellness – Meals on Wheels Northeast Ohio**

**May is Older Americans Month**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Sack lunch for Memorial Day will be:  
MOW Turkey Salad  
MOW Pickled Beet Salad  
MOW Tomato Feta Salad  
3 pkg Ritz Crackers  
Shortbread Cookie  
Milk

**May Meal Sponsor**  
**Village**  
CAREGIVING  
*keep your heart at home*  
*In-Home Non-Medical Care*  
**(740) 801-2090**

Beef Hot Dog w/MOW 01  
Coney Sauce/Bun  
MOW Baked Beans#  
Applesauce  
Juice  
Goldfish Vanilla Graham  
Cracker

MOW Chicken 04  
Parmesan w/ Sauce  
Italian Green Beans  
Dinner Roll  
Juice  
Nuttu Buddy

MOW Italian Sausage# 05  
w/Peppers/Onions/  
Marinara  
Cheesy Hashbrowns  
Italian Vegetables  
Dinner Roll  
Applesauce

Chicken Cordon Bleu# 06  
Mashed Potatoes  
5 Way Veggies  
Dinner Roll  
Pineapple

Pork # and Sauerkraut# 07  
Scalloped Potatoes  
Peas  
Juice  
Lemon Cookie

Chicken Patty 08  
w/Cheese/Bun  
Sliced Carrots  
Green Beans  
Mandarin Oranges

Roast Beef w/au jus 11  
over Mashed Potatoes  
Cauliflower  
Broccoli  
Juice  
Fresh Fruit

MOW Swiss Steak W/ 12  
MOW Gravy  
Baby Bakers  
Garden Blend Veg  
Juice  
Animal Crackers

MOW Sausage Gravy# 13  
over Biscuit  
Cinnamon Peaches  
Hashbrown Potatoes  
Juice  
Oatmeal Cookie

Lasagna Cheese Roll# 14  
Up with Alfredo Sce  
Malibu Blend Veg  
Green Beans  
Mango

MOW Chili 15  
Peanut Butter & Jelly  
Uncrustable  
Cottage Cheese  
Chocolate Pudding

Chicken Tenders 18  
w/dipping sauce  
Rosemary Garlic Potatoes  
Key Largo Veggie  
Dinner Roll  
Peaches

Egg Patty/Cheese 19  
Sausage Patty #  
MOW Baked Apples  
English Muffin  
Juice  
Yogurt

MOW Mac & Cheese 20  
MOW Stewed Tomatoes  
Broccoli  
MOW Tropical Delight

Eggplant Parmesan/  
Cheese/Sauce 21  
Ital Veggie Blend  
Cauliflower  
Juice  
Goldfish Cinnamon  
Graham Crackers

Meatloaf w/MOW 22  
Meatloaf Sauce  
Mashed Potatoes  
Cauliflower  
Fruit Cocktail

25

Cheese Omelet 26  
Hashbrowns  
Blueberry Muffin  
Juice  
Fruited Gelatin

MOW Swedish 27  
Meatballs #  
Capri Blend Veg  
Wax Beans  
Fresh Fruit

MOW Sloppy Joe/Bun# 28  
Red Skin Potatoes  
Vegetable Medley  
Juice  
MOW Baked Cookie

Pasta w/MOW 29  
Meatsauce  
Sliced Carrots  
Green Beans  
Papaya/Mango

**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*

3.31.26