

July

2026

Traditional Wellness – Meals on Wheels Northeast Ohio

250th Anniversary of our Nation

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4th of July sack MOW Egg Salad/ Bite Size Naan (5) MOW Broccoli Salad MOW Macaroni Salad Peaches		Breaded Pork Cutlet # 01 MOW German Potato Salad# Brussel Sprouts Mandarin Oranges	Beef Hot Dog/Bun 02 Hash Browns MOW Mexican Street Corn Juice Blueberry Lemon Cookie Bites	CLOSED 03 
Chicken Tenders 6 Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones	Chicken Fried Rice 7 Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	MOW Sloppy Joe/Bun 8 Potato Wedges Buttered Corn Juice MOW Cookie	Pancakes/Sausage 9 Link 2oz#/ SF Syrup MOW Baked Apples Juice Fruited Yogurt	MOW Roast Beef 10 w/ Gravy over Mashed Potatoes Green Beans Dinner Roll Applesauce
Chicken Corn Dog 13 w/Honey Mustard Loaded Mashed Potatoes # MOW Baked Beans# Fresh Fruit	Salisbury Steak w/MOW 4 Mushroom Gravy over Mashed Potatoes Buttered Peas Dinner Roll Craisins	Breaded Chicken 15 Patty/Pickles/Bun Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	MOW BBQ Chicken 16 Cheesy Vegetable Risotto Chef Cut Vegetable Juice Fruited Gelatin	Breakfast Burrito/ Scrambled Eggs/ Bacon#/Cheese 17 Roasted Redskins Potatoes Baked Apples Tortilla/Salsa Yogurt
Chicken Fajita 20 w/Onions/Peppers /Tortilla Yellow Rice Seasoned Black Beans Juice Fresh Fruit	Baked Penne w/MOW 21 Meatsauce Carrots Italian Green Beans Tropical Fruit	MOW Ham Salad# 22 MOW Corn Relish MOW Garden Cottage Cheese 3 pkgs Ritz Crackers Peaches	Meatloaf w/ MOW 23 Meatloaf Sauce over Mashed Potatoes Lima Beans Dinner Roll Raisins	MOW Chicken Alfredo 24 over Cavatappi Broccoli MOW Glazed Carrots Fruited Fluff
Cheeseburger/Pickles/ 27 Tomato/Bun Baby Bakers Green Beans Vanilla Pudding	MOW Breakfast 28 Casserole # Biscuit/Honey Warm Peaches Juice Animal Crackers	Grilled Chicken Breast 29 Bun/Pickles Diced Carrots Bu Peas Mixed Fruit	Braut#/Bun 30 Seasoned Potatoes Italian Blend Veggie Fresh Fruit	MOW Chicken Salad 31 MOW Pasta Salad MOW Bean Salad 3 pkgs of Crackers Juice Tropical Fruit

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

6.8.26