

August

2026

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Tangy Meatballs # over Rice 03 Zucchini Cauliflower Papaya	Philly Cheese Steak 04 w/Peppers/onions/hotdog bun Broccoli Mixed Veggies Peaches	Breaded Pork Cutlet # 05 MOW German Potato Salad# Brussel Sprouts Mandarin Oranges	Chicken Tenders 06 Chicken Dippin Sauce Parslied Buttered Potatoes Key Largo Veggies Juice Lorna Doones	Breakfast Burrito/Scrambled Eggs/Bacon#/Cheese 07 Roasted Redskins Potatoes Baked Apples Tortilla/Salsa Yogurt
Chicken Fried Rice 10 Vegetable Spring Rolls/sweet & sour sauce Asian Blend Veg Juice Fruit Cocktail	MOW Sloppy Joe/Bun 11 Potato Wedges Buttered Corn Juice MOW Cookie	MOW Egg Salad/ Bite Size Naan (5) 12 MOW Broccoli Salad MOW Macaroni Salad Juice Peaches	Pancakes/Sausage Link 2oz#/ SF Syrup 13 MOW Baked Apples Juice Fruited Yogurt	MOW Roast Beef w/ Gravy over Mashed Potatoes 14 Green Beans Dinner Roll Applesauce
Chicken Corn Dog w/Honey Mustard 17 Loaded Mashed Potatoes # MOW Baked Beans# Fresh Fruit	Salisbury Steak w/MOW Mushroom Gravy over 18 Mashed Potatoes Buttered Peas Dinner Roll Craisins	Breaded Chicken Patty/Pickles/Bun 19 Ranch Sauce Sliced Carrots Bean Medley Pineapple Tidbits	MOW BBQ Chicken 20 Cheesy Vegetable Risotto Chef Cut Vegetable Juice Fruited Gelatin	Beef Hot Dog/Bun 21 Hash Browns MOW Mexican Street Corn Juice Blueberry Lemon Cookie Bites
Chicken Fajita w/Onions/Peppers /Tortilla 24 Yellow Rice Seasoned Black Beans Juice Fresh Fruit	Baked Penne w/MOW Meatsauce 25 Carrots Italian Green Beans Tropical Fruit	MOW Ham Salad# 26 MOW Corn Relish MOW Garden Cottage Cheese 3 pkgs Ritz Crackers Peaches	Meatloaf w/ MOW Meatloaf Sauce over Mashed Potatoes 27 Lima Beans Dinner Roll Raisins	MOW Chicken Alfredo over Cavatappi 28 Broccoli MOW Glazed Carrots Fruited Fluff
Cheeseburger/Pickles/ Tomato/Bun 31 Baby Bakers Green Beans Vanilla Pudding				

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

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