

September

2026

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOLIDAY SACK Egg Salad 3 Pkgs Ritz Crackers Garden Cottage Cheese Fruit Dessert Milk CLOSED 7 	Salisbury Steak/ MOW Mushroom gravy over 1 Mashed Potatoes Mediterranean Blend Veg Dinner Roll Juice Blueberry Lemon Cookie Bites	MOW Cowboy Casserole MOW Warm Peaches 2 w/Cinnamon Corn Muffin Juice MOW Baked Cookie	Breaded Chicken/ 3 Swiss Cheese on Bun Scalloped Potatoes German Blend Veg Applesauce	MOW Macaroni & 4 Cheese MOW Stewed Tomatoes San Fran Veg Blend Peaches	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 <i>Nora Lagsdon, LD</i> <i>Carla Winter,</i> <i>RD, LD</i> 8.11.26
8 oz MOW Mexican 14 Chicken Rice Casserole Green Beans Warm Peaches Juice Lorna Doones	Italian Sausage # 15 /Marinara Sauce MOW Cheesy Potatoes California Blend Mandarin Oranges	Chicken Fried Beef 16 Fritter w/Country Gravy Mashed Potatoes Sliced Carrots Fruit Cocktail	MOW BBQ Ranch 17 Chicken Casserole # Pacific Veg Blend Dinner Roll Juice Applesauce	MOW Shepard's Pie 18 with Mashed Potatoes Dinner Roll Juice MOW Fruited Gelatin	
Egg Patty/Sausage 21 Patty # O'Brien Potatoes Warm Peaches English Muffin Raisins	22 MOW Beef Stroganoff Cauliflower Beets Pineapple	23 MOW Creamed Chicken over Biscuit Sliced Glazed Carrots Winter Blend Veg Pears	MOW Chili 24 Oyster Crackers Cottage Cheese Juice Pineapple	Shredded Pork # 25 and Sauerkraut over Mashed Potatoes Peas Dinner Roll Peaches	
MOW Cheesy Chicken 28 Broccoli Rice Casserole (8oz) Warm Peaches Corn Muffin Juice Nutty Buddy Bar	MOW Stuffed 29 Cabbage Casserole # Green Beans Warm Applesauce MOW Baked Cookie	MOW Sweet & Sour 30 Meatballs # over Buttered Rice Cauliflower Diced Carrots MOW Fruited Gelatin			