

OCTOBER 2026

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 MOW Popcorn Chicken
Bowl
Mashed Potatoes
Corn/Cheese/Gravy
Dinner Roll
Fruit Cocktail

2 MOW Loaded Baked
Potato Soup #
PB & J Uncrustable
MOW Pea & Cheese Salad
Mandarin Oranges

5 Turkey in Gravy over
Mashed Potatoes
Green Bean Casserole
Dinner Roll
MOW Pudding

6 MOW Italian Baked
Chicken
Rosemary Potatoes
California Blend
Vegetable
Dinner Roll
Applesauce

7 Salisbury Steak/
MOW Mushroom gravy over
Mashed Potatoes
Mediterranean Blend Veg
Dinner Roll
Juice
Blueberry Lemon Cookie
Bites

8 MOW Cowboy Casserole
MOW Warm Peaches
w/Cinnamon
Corn Muffin
Juice
MOW Baked Cookie

9 Breaded Chicken/
Swiss Cheese on Bun
Scalloped Potatoes
German Blend Veg
Applesauce

12 Pizza Burger Patty#
/Pizza Sauce/ Cheese
on Bun
Baby Bakers
Italian Mixed Veg
Pears

13 MOW Macaroni &
Cheese
MOW Stewed Tomatoes
San Fran Veg Blend
Peaches

14 Meatloaf w/MOW Sauce
Pierogies w/Sauteed
Onions
Brussel Sprouts
Juice
Fresh Fruit

15 MOW Sloppy Joe on
Bun
Augratin Potatoes
5 Way Mix Veg
MOW Tropical Delight

16 MOW Sausage Gravy
#over Biscuit
Hashbrowns
MOW Baked Apples
Juice
Teddy Grahams

19 8 oz MOW Mexican
Chicken Rice Casserole
Green Beans
Warm Peaches
Juice
Lorna Doones

20 Italian Sausage#
with Marinara Sauce
MOW Cheesy Potatoes
California Blend
Mandarin Oranges

21 MOW BBQ Ranch
Chicken Casserole #
Pacific Veg Blend
Dinner Roll
Juice
Applesauce

22 Chicken Fried Beef
Fritter w/Country Gravy
Mashed Potatoes
Sliced Carrots
Fruit Cocktail

23 MOW Shepard's Pie
with Mashed Potatoes
Dinner Roll
Juice
MOW Fruited Gelatin

26 Egg Patty/Sausage
Patty #
O'Brien Potatoes
Warm Peaches
English Muffin
Raisins

27 MOW Beef Stroganoff
Cauliflower
Beets
Pineapple

28 MOW Creamed
Chicken over Biscuit
Sliced Glazed Carrots
Winter Blend Veg
Pears

29 MOW Chili
Oyster Crackers
Cottage Cheese
Juice
Pineapple

30 Shredded Pork#
and Sauerkraut over
Mashed Potatoes
Peas
Dinner Roll
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

Nora Logsdon, LD

Carla Winter,

RD, LD

9.10.26