

# NOVEMBER 2026

## Traditional Wellness - Meals on Wheels Northeast Ohio

### MONDAY

**2** MOW Cheesy Chicken  
Broccoli Rice Casserole  
(8oz)  
Warm Peaches  
Corn Muffin  
Juice  
Nutty Buddy Bar

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

**16** MOW Macaroni &  
Cheese  
MOW Stewed Tomatoes  
San Fran Veg Blend  
Peaches

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

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

### TUESDAY

**3** MOW Sweet & Sour  
Meatballs # over  
Buttered Rice  
Cauliflower  
Diced Carrots  
MOW Fruited Gelatin

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

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

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

### WEDNESDAY

**4** MOW Stuffed Cabbage  
Casserole #  
Green Beans  
Warm Applesauce  
MOW Baked Cookie

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

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

**25** Turkey in Gravy over  
Mashed Potatoes  
Green Bean Casserole  
Dinner Roll  
MOW Pumpkin Pudding

### THURSDAY

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

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

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

**26** CLOSED  


### FRIDAY

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

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

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

**27** CLOSED  


### News

**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

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9.25.26