DECEMBER 2026

Traditional Wellness – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenders with dipping sauce Augratin Potatoes California Blend Veg Juice Fig Bar	2 MOW Ham & Bean Soup# Corn Muffin Green Beans Juice Applesauce	3 MOW Sloppy Joe on Bun Cheesy Potatoes Bean Medley Fresh Fruit	4 Beef Patty with Pepper/Onion Gravy over Rice Wax Beans Juice Peaches
7 MOW Cr of Mushroom Wild Rice Soup 8oz MOW White Bean Red Onion and Mint Salad Cottage Cheese Juice Applesauce	8 Meatballs# in Marinara Over Bowtie Pasta Italian Green Beans Cauliflower Juice Fig Bar	9 Salisbury Steak/Gravy Over Mashed Potatoes Cauliflower Bake Dinner Roll Applesauce	10 8oz MOW Chicken Pot Pie over Biscuit Brussel Sprouts Baked Apples Nutty Buddy Bar	11 6oz MOW Pizza Casserole # Bean Medley Warm Peaches Juice MOW Oatmeal Cookie
14 Swiss Steak w/Gravy Baby Bakers Broccoli White Bread Tropical Fruit	15 MOW Southwest Chicken Chili 8oz Corn Muffin Warm Peaches Juice Graham Crackers	16 Polish Sausage#/Sauerkraut Mashed Potatoes MOW Baked Beans# Juice Shortbread Cookie	17 MOW Stuffed Pepper Casserole 6oz Carrots Broccoli Pears	18 Chicken Patty on Bun Pickle Slices Green Beans Augratin Potatoes Applesauce
21 Fried Egg Patty / 2 Sausage Links# Hashbrowns Cinnamon Peaches Juice Yogurt	22 MOW Tomato Soup 8oz 2 oz of Cheese on a Wrap Juice Mandarin Oranges MOW Carnival Cookie	23 Baked Ham # w/Pineapple Slice Diced Roasted Sweet Potato Peas & Carrots Dinner Roll Christmas Cookie	24 **AGENCY CLOSED**	25
28	29	30	31	

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 Kobilarcsik, RD,LD

11.6.26

Agency Closed 12.24.26 – 1.1.27. All meals will resume on 1.4.27

Should we need to cancel due to bad weather it will be posted on: WKYC – 3, FOX 8, WVIZ – 25, WKSU FM 89.7, WCPN FM 104.9, WCLV FM 90.3 , WCRF – FM 103.3 and WHBC 1480. We will also send out text and email to those we have info on file.

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