



# MARCH | 2025

## Carb Control – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> MOW Swiss Steak W/ MOW Gravy 20 Baby Bakers 15 Bahamas Blend 5 Graham Crackers 11 Milk 11 62 gm	<b>4</b> MOW Sausage Gravy 14 over 1/2 Biscuit 15 Cinnamon Peaches 14 Oikos Triple Zero Yogurt 7 Milk 11 61gm	<b>5</b> Lasagna Cheese Roll Up 23 with Alfredo Sce Malibu Blend Veg 3 Green Beans 4 Mango 17 Water 60 gm	<b>6</b> MOW Chili 19 String Cheese Stick 1 Cottage Cheese 5 Oatmeal Cookie 14 Milk 11 50 gm	<b>7</b> Egg Patty 1/Cheese 1 MOW Baked Apples 13 English Muffin 23 Oikos Triple Zero Yogurt 7 Milk 11 57gm
<b>10</b> Chicken Tenders 17 Rosemary Garlic Potatoes 17 Key Largo Veggie 4 Peaches 14 Milk 11 63 gm	<b>11</b> Meatloaf w/MOW Meatloaf Sauce 12 Mashed Potatoes 19 Cauliflower 1 Fruit Cocktail 15 Milk 11 58 gm	<b>11</b> MOW Baked Caprese Chicken 14 California Blend 3 Green Beans 4 Pears 15 Milk 11 47 gm	<b>13</b> MOW Sloppy Joe 6/Bun 13 Red Skin Potatoes 17 Vegetable Medley 6 Cookie 15 Water 57 gm	<b>14</b> 4oz MOW Mac & Cheese 25 MOW Stewed Tomatoes 7 Broccoli 2 Pineapple 15 Milk 11 60 gm
<b>17</b> Open Face Rubeen Sandwich 30 Baby Bakers 15 Chef Cut Veg blend 6 Special Cookie	<b>18</b> MOW BBQ Riblet 13 MOW Corn Cass 20 Chef Cut Veg Blend 5 Oikos Triple Zero Yogurt 7 Milk 11 56	<b>19</b> MOW Swedish Meatballs 28 Capri Blend Veg 4 Wax Beans 7 ½ c Strawberries or Raspberries 6 Milk 11 56 gm	<b>20</b> MOW Turkey Salad 2 MOW Pickled Beet Salad 9 MOW Tomato Feta Salad 5 3 pkg Ritz Crackers 12 Shortbread Cookie 20 Milk 11 59 gm	<b>21</b> MOW Vegetable Soup 12 Cheese Roll Up 15 MOW Cucumber Salad 13 Pineapple 15 Water 55 gm
<b>MOW</b> Johnny Marzetti 21 Green Beans 4 Cauliflower 1 Fruited Gelatin 23 Milk 11 60gm	<b>25</b> Beef Hot Dog 1 w/MOW Coney Sauce 2/Bun 17 Warm Applesauce 15 Goldfish Vanilla Graham Cracker 19 64 g	<b>26</b> MOW Chicken Parmesan w/ Sauce 18 Italian Green Beans 5 Cottage Cheese 5 Nutty Buddy 11 Milk 11 60 gm	<b>27</b> MOW Italian Sausage# 2 w/Peppers/Onions/ Marinara 4 Cheesy Hashbrowns 26 Italian Vegetables 6 Applesauce 15 Milk 11 64 gm	<b>28</b> 2 Eggplant Parm/22 Cheese/Marinara Sce 8 Ital Veggie Blend 6 Cauliflower 1 Goldfish Cinnamon Graham Crackers 19 Water 56 gm
<b>Chick</b> Chicken Cordon Bleu 12 Mashed Potatoes 19 5 Way Veggies 8 Pineapple 15 Milk 11 65 gm	<b>1</b> Pork Chop 0 over Sauerkraut 2 Scalloped Potatoes 22 Peas 10 Cookie 15 Milk 11 60 gm	<b>2</b> Chicken Patty 13 w/Cheese 1/Bun 13 Sliced Carrots 7 Green Beans 4 Mandarin Oranges 16 Milk 11 65 gm	<b>5</b> Roast Beef 0 w/au jus 2 Cauliflower 1 Broccoli/Cheese sauce 7 Tomato Juice 7 Fresh Fruit 15 Milk 11 43 gm	<b>4</b> Cheese Omelet 5 Hashbrowns 21 Colby Jack Cheese stick 1 Fruited Gelatin 15 Milk 11 54

**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

*Carla Winter, RD, LD  
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