

APRIL | 2025



Carb Control – Meals on Wheels Northeast Ohio

MONDAY

1 Chicken Cordon Bleu #12
Mashed Potatoes 19
5 Way Veggies 8
Pineapple 15
Milk 11
65 gm

7 Closed Staff Development

14 MOW Chili 19
String Cheese Stick 1
Cottage Cheese 5
Chocolate Pudding 22
Milk 11
58 gm

21 MOW Baked Caprese
Chicken 14
California Blend 3
Green Beans 4
Pears 15
Milk 11
47 gm

20 MOW BBQ Riblet 13 #
MOW Corn Cass 20
Chef Cut Veg Blend 5
Oikos Triple Zero Yogurt 7
Milk 11
56

TUESDAY

1 Baked Pork Chop # 0
over Sauerkraut 2
Scalloped Potatoes 22
Peas 10
Cookie 15
Milk 11
60 gm

8 Closed Staff Development

15 MOW Swiss Steak W/ MOW
Gravy 20
Baby Bakers 15
Garden Blend Veg 5
Graham Crackers 11
Milk 11
62 gm

12 Meatloaf w/MOW Meatloaf
Sauce 12
Mashed Potatoes 19
Cauliflower 1
Fruit Cocktail 15
Milk 11
58 gm

20 MOW Vegetable Soup 12
Cheese Roll Up 15
MOW Cucumber Salad 13
Pineapple 15
Water
55 gm

WEDNESDAY

2 Chicken Patty 13
w/Cheese 1/Bun 13
Sliced Carrots 7
Green Beans 4
Mandarin Oranges 16
Milk 11
65 gm

9 Chicken Tenders 17
Rosemary Garlic
Potatoes 17
Key Largo Veggie 4
Peaches 14
Milk 11
63 gm

15 Beef Hot Dog 1 w/MOW
Coney Sauce 2/Bun 17
Warm Applesauce 15
Goldfish Vanilla Graham
Cracker 19
Milk 11
64 gm

23 Egg Patty 1/Cheese 1
Sausage Patty 0
MOW Baked Apples 13
English Muffin 23
Oikos Triple Zero Yogurt 7
Milk 11
56 gm

20 MOW Swedish Meatballs 28
Capri Blend Veg 4
Wax Beans 7
½ c Strawberries or
Raspberries 6
Milk 11
56 gm

THURSDAY

3 Roast Beef 0 w/au jus 2
Cauliflower 1
Broccoli/Cheese sce 7
Tomato Juice 7
Fresh Fruit 15
Milk 11
43 gm

10 MOW Sausage Gravy 14
#over 1/2 Biscuit 15
Cinnamon Peaches 14
Oikos Triple Zero Yogurt 7
Milk 11
61 gm

17 4 oz MOW Mac & Cheese
25
MOW Stewed Tomatoes 7
Broccoli 2
Pineapple 15
Milk 11
60 gm

24 MOW Sloppy Joe /Bun 19
Red Skin Potatoes 17
Vegetable Medley 6
Cookie 15
Water
57 gm

1 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

FRIDAY

4 Cheese Omelet 5
Hashbrowns 21
Colby Jack Cheese stick
1
Fruited Gelatin 15
Milk 11
53 gm

14 Lasagna Cheese Roll Up
22 with Alfredo Sce 8
Malibu Blend Veg 3
Green Beans 4
Mango 17
Milk 11
65 gm

18 2 Eggplant Parm/22
Cheese/Marinara Sce 8
Ital Veggie Blend 6
Cauliflower 1
Goldfish Cinnamon Graham
Crackers 19
Water
64 gm

25 Pasta w/MOW Meatsauce
20
Sliced Carrots 7
Green Beans 4
Papaya/Mango 15
Milk 11
57 gm

2 MOW Johnny Marzetti
21
Green Beans 4
Cauliflower 1
Fruited Gelatin 23
Milk 11
60 gm

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
Nora Logsdon, LD