

JULY | 2025



Carb Control – Meals on Wheels Northeast Ohio – 330-832-7220

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Sweet & Tangy Meatballs 21 Zucchini 3 Cauliflower 1 Papaya 21 Milk 11 57 gm	1 Philly Cheese Steak 0 w/Peppers/onions 5 /hotdog bun 17 Broccoli 2 Mixed Veggies 8 Peaches 15 Milk 11	2 Breaded Pork Cutlet # 13 MOW German Potato Salad# 20 Brussel Sprouts 6 Mandarin Oranges 15 Milk 11 64 gm	3 Breakfast Burrito/Scrambled Eggs3/Bacon#0/Cheese1 Roasted Redskins Potatoes 16 Baked Apples 13 Tortilla 12/Salsa 2 Oikos Triple Zero Yogurt 7 Milk 11 –	4 CLOSED 
7 Chicken Tenders 17 Chicken Dippin Sauce 6 Parslied Buttered Potatoes 11 Key Largo Veggies 6 Oikos Triple Zero Yogurt 7 Milk 58 gm	8 MOW Sloppy Joe/Bun 19 Potato Wedges 18 Bu Corn 18 Oikos Triple Zero Yogurt 7 Water 62 gm	9 Grilled Chicken 2 2 oz Fried Rice 13 Vegetable Spring Rolls 19 Asian Blend Veg 5 Fruit Cocktail 15 Milk 11 65 gm	10 MOW Egg Salad 3 Ritz Crackers 3 pkg 12 MOW Carrot Salad 11 Cottage Cheese 5 Peaches 14 Milk 11 56 gm	11 Pancakes 28 /Sausage Links# 0/SF Syrup 4 MOW Baked Apples 13 Oikos Triple Zero Yogurt 7 Milk 11 63 gm
14 MOW Roast Beef 0 w/ Gravy 6 over Mashed Potatoes 19 Green Beans 4 Applesauce 15 Milk 11 55 gm	15 Mini Corn Dogs 20 Ketchup pkt 2 ¼ c Scalloped Potatoes 11 Green Beans 4 Fresh Fruit 15 Milk 11 63 gm	16 Salisbury Steak 5 w/MOW Mushroom Gravy 7 Mashed Potatoes 19 Chef Cut Vegetable 5 Nutty Buddy 11 Milk 11 58 gm	17 Breaded Chicken Patty13/Pickles 0/Bun 13 Ranch Sauce 1 Sliced Carrots 7 Pineapple Tidbits 15 Milk 11 60 gm	18 MOW BBQ Chicken 5 ¼ c Au gratin Potatoes 11 Bu Peas 10 Fruited Gelatin 23 Milk 11 60 gm
21 Beef Hot Dog/Bun 17 Corn 18 Oikos Triple Zero Yogurt 7 ½ c Strawberries or Raspberries 6 Milk 11 59 gm	22 Chicken Fajita 4 w/Onions/Peppers 5 /Tortilla 12 Spanish Rice 21 Graham Crackers 11 Milk 11 64 gm	23 Baked Penne w/MOW Meatsauce 20 Carrots 7 Italian Green Beans 5 Tropical Fruit 15 Milk 11 58 gm	24 MOW Ham Salad# 2 MOW Mustard Potato Sal23 MOW Garden Cottage Cheese 5 3 pkgs Ritz Crackers 12 ½ c Strawberries or Raspberries 6 Milk 11 59 gm	25 Meatloaf w/ MOW Meatloaf Sauce 12 over Mashed Potatoes 19 Green Beans 4 Oikos Triple Zero Yogurt 7 Milk 11 53 gm
28 MOW Chicken Alfredo 8 over Cavatappi 21 Broccoli 2 Carrots 7 Peaches 15 Milk 11 64 gm	29 Cheeseburger 1/Pickles 0/ Tomato 4/Bun 16 Baby Bakers 15 Green Beans 4 Nutty Buddy 11 Milk 11 62 gm	30 MOW Breakfast Casserole # 4 Mini Biscuit 12/ honey 7 Warm Peaches 15 Oikos Triple Zero Yogurt 7 Milk 11 56 gm	31 Grilled Chicken Breast 0 Bun 16 /Pickles Diced Carrots 7 Bu Peas 10 Mixed Fruit 15 Milk 11 59 gm	1 Braut 0#/Bun 17 Seasoned Potatoes 16 Italian Blend Veggie 6 Fresh Fruit 15 Milk 11 65 gm

NEW OFFICE HOURS
M – F 7:30am – 3:00pm

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