

AUGUST | 2025

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



MONDAY

28 MOW Chicken Alfredo 8
over Cavatappi 21
Broccoli 2
Carrots 7
Peaches 15
Milk 11
64 gm

4 MOW Chicken Salad 2
MOW Tomato Salad 5
MOW Bean Salad 14
3 pkgs of Crackers 12
Tropical Fruit 15
59 gm

11 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 –
65 gm

10 MOW Roast Beef 0 w/
Gravy 6 over
Mashed Potatoes 19
Green Beans 4
Applesauce 15
Milk 11
55 gm

25 Beef Hot Dog/Bun 17
Corn 18
Oikos Triple Zero Yogurt 7
½ c Strawberries or
Raspberries 6
Milk 11
59 gm

TUESDAY

2 Cheeseburger 1/Pickles 0/
Tomato 4/Bun 16
Baby Bakers 15
Green Beans 4
Nuttty Buddy 11
Milk 11
62 gm

5 Sweet & Tangy Meatballs
21
Zucchini 3
Cauliflower 1
Papaya 21
Milk 11
57 gm

12 **Grilled Chicken 2**
2 oz Fried Rice 13
Vegetable Spring Rolls 19
Asian Blend Veg 5
Fruit Cocktail 15
Milk 11
65 gm

19 Mini Corn Dogs 20
Ketchup pkt 2
¼ c Scalloped Potatoes 11
Green Beans 4
Fresh Fruit 15
Milk 11
63 gm

26 Chicken Fajita 4
w/Onions/Peppers 5
/Tortilla 12
Spanish Rice 21
Graham Crackers 11
Milk 11
64 gm

WEDNESDAY

30 MOW Breakfast Casserole 4
Mini Biscuit 12/
honey 7
Warm Peaches 15
Oikos Triple Zero Yogurt 7
Milk 11

6 Philly Cheese Steak 0
w/Peppers/onions 5/hotdog
bun 17
Broccoli 2
Mixed Veggies 8
Peaches 15
Milk 11
58 gm

17 MOW Sloppy Joe/Bun 19
Potato Wedges 18
Bu Corn 18
Oikos Triple Zero Yogurt 7
Water
62 gm

13 Salisbury Steak 5 w/MOW
Mushroom Gravy 7
Mashed Potatoes 19
Chef Cut Vegetable 5
Nuttty Buddy 11
Milk 11
58 gm

27 Baked Penne w/MOW
Meatsauce 20
Carrots 7
Italian Green Beans 5
Tropical Fruit 15
Milk 11
58 gm

THURSDAY

3 Grilled Chicken Breast 0
Bun 16 /Pickles/Mayo Pkt 1
Diced Carrots 7
Bu Peas 10
Mixed Fruit 15
Milk 11
60 gm

7 Breaded Pork Cutlet # 13
MOW German Potato
Salad# 20
Brussel Sprouts 6
Mandarin Oranges 15
Milk 11
64 gm

14 MOW Egg Salad 3
Ritz Crackers 3 pkg 12
MOW Carrot Salad 11
Cottage Cheese 5
Peaches 14
Milk 11
56 gm

21 Breaded Chicken
Patty13/Pickles 0/Bun 13
Ranch Sauce 1
Sliced Carrots 7
Pineapple Tidbits 15
Milk 11
60 gm

28 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

FRIDAY

1 Braut 0#/Bun 17
Seasoned Potatoes 16
Italian Blend Veggie 6
Fresh Fruit 15
Milk 11
65 gm

8 Chicken Tenders 17
Chicken Dippin Sauce 6
Parslied Buttered
Potatoes 11
Key Largo Veggies 6
Oikos Triple Zero Yogurt 7
Milk
58 gm

15 Pancakes 28 /Sausage
Links# 0/SF Syrup 4
MOW Baked Apples 13
Oikos Triple Zero Yogurt 7
Milk 11
63 gm

22 MOW BBQ Chicken 5
¼ c Au gratin Potatoes 11
Bu Peas 10
Fruited Gelatin 23
Milk 11
60 gm

29 Meatloaf w/ MOW Meatloaf
Sauce 12 over
Mashed Potatoes 19
Green Beans 4
Oikos Triple Zero Yogurt 7
Milk 11
53 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

Nora Logsdon, LD
Carla Winter, RD, LD