

September 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOLIDAY SACK 01 Chicken Salad Pickled Beet Salad Fruit Dessert 3 pkg Crackers	Cheese Omelet 5 02 Sausage Links# 0 MOW Warm Peaches 14 Blueberry Muffin 21 Oikos Triple Zero Yogurt 7 Milk 11 58 gm	Salisbury Steak 5/ 03 MOW Mushroom gravy 7 Mashed Potatoes 19 Mediterranean Blend Veg 3 Nutty Buddy 11 Milk 11 56 gms	Breaded Chicken 12/ 04 Swiss Cheese 0 Scalloped Potatoes 22 German Blend Veg 5 Applesauce 15 Milk 11 65 gm	Pizza Burger Patty # 3 05 /Marinara Sauce 7/ Cheese 0 Baby Bakers 15 Italian Mixed Veg 5 Pears 15 Milk 11 56 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 <i>Nora Logsdon, LD</i> <i>Carla Winter, RD, LD</i>
4 oz MOW Macaroni & Cheese 08 MOW Stewed Tomatoes 7 San Fran Veg Blend 4 Peaches 14 Milk 11 61 gm	Meatloaf w/MOW Sauce 10 09 Pierogies 21 w/Sauteed Onions Brussel Sprouts 6 Fresh Fruit 15 Milk 11 63 gm	MOW Sloppy Joe on Bun 19 10 1/4 c Augratin Potatoes 11 5 Way Mix Veg 8 Oikos Triple Zero Yogurt 7 Milk 11 56 gm	MOW Sausage Gravy #1 11 over Mini Biscuit 12 MOW Baked Apples 13 Teddy Grahams 15 Milk 11 65 gm	MOW Enchilada Chicken 4 12 Spanish Rice 21 Fire Roasted Corn/Black Beans 11 Mandarin Oranges 16 Milk 11 63 gm	
MOW Italian Sausage# 2 15 //Marinara Sauce 7 MOW Cheesy Potatoes 26 Bu Green Beans 4 Peaches 14 Milk 11 64 gm	MOW BBQ Ranch Chicken 16 Casserole 21 Pacific Veg Blend 4 Applesauce 16 Milk 11 52 gm	Chicken Fried Beef Fritter 16 17 w/1 oz Country Gravy 12 Peas 10 Sliced Carrots 7 NS Peaches 6 Milk 11 62 gm	Beef Hot Dog 1 18 Bun 17 Cheesy Potatoes 26 Oikos Triple Zero Yogurt 7 Milk 11 62 gm	Egg Patty 1 /Sausage 19 Patty # 0 O'Brien Potatoes 15 Warm Peaches 14 Mini Biscuit 12 Graham Crackers 11 64 gm	
MOW Parmesan Crusted 22 Chicken 14 MOW Cauliflower Bake 10 Beets 7 Pineapple 15 Milk 11 57 gm	MOW Creamed Chicken 5 23 over Mini Biscuit 12 Sliced Carrots 7 Winter Blend Veg 3 Pears 15 Milk 11 53 gm	MOW Chili 19 24 Oyster Crackers 11 Cottage Cheese 5 Pineapple 15 Milk 11 61 gm	Shredded Pork# 0 and 25 Sauerkraut 1 over Mashed Potatoes 19 Peas 10 Peaches 14 Milk 11 55 gm	MOW Cheesy Chicken 26 Broccoli Rice Casserole (8oz) 17 MOW Warm Peaches 14 Mini Biscuit 12 Nutty Buddy Bar 11 Milk 11 65 gm	
MOW Sweet & Sour 29 Meatballs # 21 over Riced Cauliflower 3 Diced Carrots 7 MOW Fruited Gelatin 23 Milk 11 65 gm	Cavatappi w/ 30 MOW Meatsauce 20 Green Beans 4 Warm Applesauce 14 Nutty Buddy 11 Milk 11 60 gm	MOW Popcorn 01 Chicken 10 Bowl 1/4 c Mashed Potatoes 10 Corn 18/Gravy 7 NS Cherry Mixed Fruit 7 Milk 11 63 gm	MOW Loaded Baked 02 Potato Soup # 32 Cottage Cheese 5 NS Mixed Fruit 8 Oikos Triple Zero Yogurt 7 Milk 11 63 gm	Turkey 0 in Gravy 7 03 Over Mashed Potatoes 19 Green Beans 4 Dinner Roll 12 SF Vanilla Pudding 7 Milk 11 60 gm	