

# November

# 2025

**Carb Controlled – Meals on Wheels Northeast Ohio – 330-832-7220**

| MONDAY                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                     |
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| <b>MOW Sweet &amp; Sour Meatballs # 21 over Riced Cauliflower 3</b><br><b>Diced Carrots 7</b><br><b>MOW Fruited Gelatin 23</b><br><b>Milk 11</b><br><b>65 gm</b><br><b>03</b>            | <b>Cavatappi w/ MOW Meatsauce 20</b><br><b>Green Beans 4</b><br><b>Warm Applesauce 14</b><br><b>Nutty Buddy 11</b><br><b>Milk 11</b><br><b>60 gm</b><br><b>04</b>                                 | <b>MOW Popcorn Chicken Bowl 10</b><br><b>¼ c Mashed Potatoes 10</b><br><b>Corn 18/Gravy 7</b><br><b>NS Cherry Mixed Fruit 7</b><br><b>Milk 11</b><br><b>63 gm</b><br><b>05</b>              | <b>MOW Loaded Baked Potato Soup # 32</b><br><b>Cottage Cheese 5</b><br><b>NS Mixed Fruit 8</b><br><b>Oikos Triple Zero Yogurt 7</b><br><b>Milk 11</b><br><b>63 gm</b><br><b>06</b>           | <b>MOW Italian Baked Chicken 3</b><br><b>Rosemary Potatoes 17</b><br><b>California Blend Vegetable 3</b><br><b>Applesauce 16</b><br><b>Milk 11</b><br><b>50 gm</b><br><b>07</b>            |
| <b>Salisbury Steak 5/ MOW Mushroom gravy 7</b><br><b>Mashed Potatoes 19</b><br><b>Mediterranean Blend Veg 3</b><br><b>Nutty Buddy 11</b><br><b>Milk 11</b><br><b>56 gms</b><br><b>10</b> | <b>Cheese Omelet 5</b><br><b>Sausage Links# 0</b><br><b>MOW Warm Peaches 14</b><br><b>Blueberry Muffin 21</b><br><b>Oikos Triple Zero Yogurt 7</b><br><b>Milk 11</b><br><b>58 gm</b><br><b>11</b> | <b>Breaded Chicken 12/Swiss Cheese 0</b><br><b>Scalloped Potatoes 22</b><br><b>German Blend Veg 5</b><br><b>Applesauce 15</b><br><b>Milk 11</b><br><b>65 gm</b><br><b>12</b>                | <b>Pizza Burger Patty # 3</b><br><b>/Marinara Sauce 7/ Cheese 0</b><br><b>Baby Bakers 15</b><br><b>Italian Mixed Veg 5</b><br><b>Pears 15</b><br><b>Milk 11</b><br><b>56 gm</b><br><b>13</b> | <b>4 oz MOW Macaroni &amp; Cheese 25</b><br><b>MOW Stewed Tomatoes 7</b><br><b>San Fran Veg Blend 4</b><br><b>Peaches 14</b><br><b>Milk 11</b><br><b>61 gm</b><br><b>14</b>                |
| <b>Meatloaf w/MOW Sauce 10</b><br><b>Pierogies 21 w/Sauteed Onions</b><br><b>Brussel Sprouts 6</b><br><b>Fresh Fruit 15</b><br><b>Milk 11</b><br><b>63 gm</b><br><b>17</b>               | <b>MOW Sloppy Joe / Bun 19</b><br><b>¼ c Augratin Potatoes 11</b><br><b>5 Way Mix Veg 8</b><br><b>Oikos Triple Zero Yogurt 7</b><br><b>Milk 11</b><br><b>56 gm</b><br><b>18</b>                   | <b>MOW Sausage Gravy #14 over Mini Biscuit 12</b><br><b>MOW Baked Apples 13</b><br><b>Teddy Grahams 15</b><br><b>Milk 11</b><br><b>65 gm</b><br><b>19</b>                                   | <b>MOW Enchilada Chicken 4</b><br><b>Spanish Rice 21</b><br><b>Fire Roasted Corn/Black Beans 11</b><br><b>Mandarin Oranges 16</b><br><b>Milk 11</b><br><b>63 gm</b><br><b>20</b>             | <b>MOW Italian Sausage# 2</b><br><b>//Marinara Sauce 7</b><br><b>MOW Cheesy Potatoes 26</b><br><b>Bu Green Beans 4</b><br><b>Peaches 14</b><br><b>Milk 11</b><br><b>64 gm</b><br><b>21</b> |
| <b>MOW BBQ Ranch Chicken Casserole 21</b><br><b>Pacific Veg Blend 4</b><br><b>Applesauce 16</b><br><b>Milk 11</b><br><b>52 gm</b><br><b>24</b>                                           | <b>Chicken Fried Beef Fritter 16</b><br><b>w/1 oz Country Gravy 12</b><br><b>Peas 10</b><br><b>Sliced Carrots 7</b><br><b>NS Peaches 6</b><br><b>Milk 11</b><br><b>62 gm</b><br><b>25</b>         | <b>Turkey 0 in Gravy 7</b><br><b>Over Mashed Potatoes 19</b><br><b>Green Beans 4</b><br><b>Dinner Roll 12</b><br><b>SF Vanilla Pudding 7</b><br><b>Milk 11</b><br><b>60 gm</b><br><b>26</b> | <b>CLOSED</b><br><b>27</b><br>                                                                          | <b>CLOSED</b><br><b>28</b><br>                                                                        |
| <b>Nora Logsdon, LD</b><br><b>Carla Winter, RD, LD</b>                                                                                                                                   | <b>OFFICE HOURS</b><br><b>M – F 7:30am – 3:00pm</b>                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                              |                                                                                                                                                                                            |



**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