

December 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Omelet 5 Bacon 0 Hashbrowns 21 Peaches 14 Milk 11 51	MOW Sloppy Joe on Bun 19 Bean Medley 12 Applesauce 13 Milk 11 55	MOW Ham & Bean Soup 32 Cottage Cheese 5 Tropical Fruit 15 Milk 11 63	Meatballs in Marinara 25 Italian Green Beans 5 Cauliflower 1 Teddy Grahams 15 Milk 11 57	Smothered Beef Patty 7 Stewed Tomatoes 7 Wax Beans 7 Oatmeal Cookie 26 Milk 11 58
Salisbury Steak 5/Gvy 7 Over Mashed Potatoes 15 Cauliflower 1 Applesauce 13 Milk 11 52	MOW Chicken Pot Pie 8oz 15 over Mini Biscuit 12 Brussel Sprouts 6 Baked Apples 13 Milk 11 57	MOW Pizza Casserole #6oz 18 Bean Medley 12 Warm Peaches 14 Milk 11 57	Swiss Steak 13 w/Gvy 11 7 Baby Bakers 15 Broccoli 2 Graham Cracker 11 Milk 11 59	MOW Southwest Chicken Chili 8oz 20 Colby Jack Cheesestick 1 Peaches 14 Milk 11 46
Polish 4 Sausage#/Sauerkraut 1 Mashed Potato 19 Green Beans 4 Shortbread Cookie 20 Milk 11 59	MOW Stuffed Pepper Casserole 6 oz 23 Carrots 6 Broccoli 2 Pears 17 Milk 59	Cheeseburger/ Bun 16 Pickle Slices 0 Green Beans 4 Au gratin Potatoes 22 NS Cherry Fruit Mix 7 Milk 11 60	Fried Egg Patty 1 1/2 Sausage Links# 1 Hashbrowns 18 Cinnamon Peaches 14 Oikos Triple Zero Yogurt 7 Milk 11 52	MOW Tomato Soup 18 Cheese Wrap 15 Mandarin Oranges 16 Milk 11 61
Baked Ham 2 w/pineapple slice 6 Carrots 6 Peas 10 Plain Christmas Cookie 23 Milk 11 58	MOW Broccoli & Cheese Soup 20 Beef Bologna/Cheese/ Bun 18 Applesauce 13 Milk 11 62	24	25	26
29	30	31	01	02
Should we need to cancel due to bad weather it will be posted on: WKYC – 3, FOX 8, WVIZ – 25, WKSU FM 89.7, WCPN FM 104.9, WCLV FM 90.3, WCRF – FM 103.3 and WHBC 1480. We will also send out text and email to those we have info on file.				

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 Lagsdon, LD
Carla Winter,
RD, LD

AGENCY CLOSED 12.24.25 – 1.2.26

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