

January

2026

Carb Control - Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

01
AGENCY CLOSED
12.24.25 – 1.2.26

02

Chicken Tenders 17
Augratin Potatoes 22
California Blend Veg 3
NS Peaches 6
Milk 11
59

05
MOW Swedish Meatballs 6
Beets 7
Peas 10
Pineapple 15
Milk 11
47

06
MOW Cheesy Beef and Bow Ties 14
Cauliflower 1
Green Beans 3
Sugar Free Choc Chip Cookie 15
Milk 11
44

07
MOW Baked Chicken 0
Augratin Potatoes 22
5 way Mixed Veggies 8
Fresh Fruit 15
Milk 11
56

08
Meatloaf/MOW Sauce 10
Over Garlic Mashed Potatoes 15
Buttered Carrots 6
Pears 17
Milk 11
59

09
MOW Breaded Pork Chop 12
15
Scalloped Potatoes 22
Broccoli 2
Yikos Triple Zero Yogurt 7
Milk 11
57

13
Ground Beef Taco/ Mild Salsa, Cheese, guacamole
Tortilla
Fireroasted Black bean/Corn
Veg 28
Peaches 14
Milk 53

14
Pulled Pork 2
Rosemary Garlic Potatoes 16
Green Beans 3
Uns Fruited Gelatin 15
Milk 11
47

15
Cheese Omelet 5
Bacon 0
Hashbrowns 21
Peaches 14
Milk 11
51

16
MOW Sloppy Joe on Bun 19
Bean Medley 12
Applesauce 13
Milk 11
55

19
Martin Luther King, Jr. Day

20
Meatballs in Marinara 25
Italian Green Beans 5
Cauliflower 1
Teddy Grahams 15
Milk 11
57

21
MOW Ham & Bean Soup 22
Cottage Cheese 5
Tropical Fruit 15
Milk 11
63

22
Smothered Beef Patty 7
Stewed Tomatoes 7
Wax Beans 7
Oatmeal Cookie 26
Milk 11
58

23
Salisbury Steak 5/Gvy 7
Over Mashed Potatoes 15
Cauliflower 1
Applesauce 13
Milk 11
52

26
MOW Chicken Pot Pie 15
over Mini Biscuit 12
Brussel Sprouts 6
Baked Apples 13
Milk 11
57

27
MOW Pizza Casserole #6oz 18
Bean Medley 12
Warm Peaches 14
Milk 11
57

28
Swiss Steak 13 w/Gvy 7
Baby Bakers 15
Broccoli 2
Graham Cracker 11
Milk 11
59

29
MOW Southwest Chicken 7
Chili 8oz 20
Colby Jack Cheesestick 1
Peaches 14
Milk 11
46

30
Polish 4
Sausage#/Sauerkraut 1
Mashed Potato 19
Green Beans 4
Shortbread Cookie 20
Milk 11
59

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, RD

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