

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.

Chicken Tenders 17 **05**
Augratin Potatoes 22
California Blend Veg 3
NS Peaches 6
Milk 11
59

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

CLOSED 19



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

MOW Swedish Meatballs **06**
Beets 7
Peas 10
Pineapple 15
Milk 11
47

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

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

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

MOW Cheesy Beef and Bow **07**
Ties 14
Cauliflower 1
Green Beans 3
Sugar Free Choc Chip Cookie
15
Milk 11
44

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

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

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

01 02
AGENCY CLOSED
12.24.25 – 1.2.26

MOW Baked Chicken 0 **08**
Augratin Potatoes 22
5 way Mixed Veggies 8
Fresh Fruit 15
Milk 11
56

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

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

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

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

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

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

Polish 4 **30**
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, LD

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