

April

2026

Carb Controlled – Meals on Wheels Northeast Ohio

April 19 – 25 is Volunteer Appreciation Week

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		Pork # 0 over 01 Sauerkraut 2 Scalloped Potatoes 22 Peas 10 Cookie 15 Milk 11 60 gm	Baked Ham# 2 w/ 02 pineapple slice 6 Buttered Carrots 6 Peas 10 Plain Easter Cookie 23 Milk 11 58 gm	Lasagna Cheese Roll Up 22 with Alfredo Sce 8 03 Malibu Blend Veg 3 Green Beans 4 Mango 17 Milk 11 65
Chicken Patty 13 06 w/Cheese 1/Bun 13 Sliced Carrots 7 Green Beans 4 Mandarin Oranges 16 Milk 11 65 gm	Roast Beef 0 w/au jus 2 over 07 Mashed Potatoes 15 Cauliflower 1 Broccoli 2 Tomato Juice 7 Fresh Fruit 15 Milk 11 53 gm	MOW Swiss Steak W/ 08 MOW Gravy 20 Baby Bakers 15 Garden Blend Veg 5 Graham Crackers 11 Milk 11 62	MOW Sausage# Gravy 09 14 over Mini Biscuit 12 Cinnamon Peaches 14 Oikos Triple Zero Yogurt 7 Milk 11 58	MOW Vegetable Soup 12 10 Cheese Roll Up 15 MOW Cucumber Salad 13 NS Cherry Fruit Mix 7 Milk 11 58 gm
MOW Chili 19 13 String Cheese Stick 1 Cottage Cheese 5 Oatmeal Cookie 26 Milk 11 62	Egg Patty 1/Cheese 1 14 Sausage Patty 0 # MOW Baked Apples 13 English Muffin 23 Oikos Triple Zero Yogurt 7 Milk 11 57 gm	4 oz MOW Mac & Cheese 15 25 MOW Stewed Tomatoes 7 Broccoli 2 Pineapple 15 Milk 11 60 gm	2 Eggplant Parm/22 16 Cheese/Marinara Sce 8 Ital Veggie Blend 6 Cauliflower 1 Graham Crackers 11 Milk 11 59 gm	Meatloaf w/MOW Meatloaf 17 Sauce 12 Mashed Potatoes 19 Cauliflower 1 Fruit Cocktail 15 Milk 11 58 gm
MOW Baked Caprese 20 Chicken 14 California Blend 3 Green Beans 4 Pears 15 Milk 11 47 gm	Cheese Omelet 5 21 Hashbrowns 21 Colby Jack Cheese stick 1 Fruited Gelatin 15 Milk 11 54 m	MOW Sloppy Joe /Bun 19 22 Red Skin Potatoes 17 Vegetable Medley 6 NS Peaches 6 Milk 11 59 gm	Pasta w/MOW Meatsauce 23 20 Sliced Carrots 7 Green Beans 4 Papaya/Mango 15 Milk 11 57 gm	MOW BBQ Riblet 13# 24 MOW Corn Cass 20 Chef Cut Veg Blend 5 Oikos Triple Zero Yogurt 7 Milk 11 56
Chicken Tenders 17 27 Rosemary Garlic Potatoes 17 Key Largo Veggie 4 Peaches 14 Milk 11 63	MOW Swedish Meatballs# 28 28 Capri Blend Veg 4 Wax Beans 7 1/2 c Strawberries or Raspberries 6 Milk 11 56 gm	MOW Turkey Salad 2 29 MOW Pickled Beet Salad 5 MOW Tomato Feta Salad 5 3 pkg Ritz Crackers 12 Shortbread Cookie 20 Milk 11 59 gm	MOW Johnny Marzetti 30 21 Green Beans 4 Cauliflower 1 Fruited Gelatin 23 Milk 11 60 gm	

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

Carla Winter,

RD, LD