

May

2026

Carb Controlled – Meals on Wheels Northeast Ohio

May is Older Americans Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sack lunch for Memorial Day will be:

MOW Turkey Salad 2
MOW Pickled Beet Salad 9
MOW Tomato Feta Salad 5
3 pkg Ritz Crackers 12
Shortbread Cookie 20
Milk 11
59 gm

MOW Chicken Parmesan 14 w/ Sauce 4 **04**
Italian Green Beans 5
Cottage Cheese 5
Nuttty Buddy 11
Milk 11
50 gm

Roast Beef 0 w/au jus 2 over Mashed Potatoes 19 **11**
Cauliflower 1
Broccoli 2
Tomato Juice 7
Fresh Fruit 15
Milk 11
57 gm

Chicken Tenders 17 **18**
Rosemary Garlic Potatoes 17
Key Largo Veggie 4
Peaches 14
Milk 11
63

 **25**



May Meal Sponsor
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MOW Italian Sausage# 2 w/Peppers/Onions/Marinara 4 **05**
Cheesy Hashbrowns 26
Italian Vegetables 6
Applesauce 15
Milk 11
64 gm

MOW Swiss Steak W/ MOW Gravy 20 **12**
Baby Bakers 15
Garden Blend Veg 5
Graham Crackers 11
Milk 11
62

Egg Patty 1/Cheese 1 Sausage Patty 0 **19**
MOW Baked Apples 13
English Muffin 23
Oikos Triple Zero Yogurt 7
Milk 11
57gm

Cheese Omelet 5 Hashbrowns 21 **26**
Colby Jack Cheese stick 1
Fruited Gelatin 15
Milk 11
54

Chicken Cordon Bleu #12 Mashed Potatoes 19 **06**
5 Way Veggies 8
Pineapple 15
Milk 11
65 gm

MOW Sausage Gravy# 14 over Mini Biscuit 12 **13**
Cinnamon Peaches 14
Oikos Triple Zero Yogurt 7
Milk 11
58

4 oz MOW Mac & Cheese 25 **20**
MOW Stewed Tomatoes 7
Broccoli 2
Pineapple 15
Milk 11
60 gm

MOW Swedish Meatballs# 28 **27**
Capri Blend Veg 4
Wax Beans 7
½ c Strawberries or Raspberries 6
Milk 11
56 gm

Pork # 0 over Sauerkraut 2 **07**
Scalloped Potatoes 22
Peas 10
Cookie 15
Milk 11
60 gm

Lasagna Cheese Roll Up 22 with Alfredo Sce 8 **14**
Malibu Blend Veg 3
Green Beans 4
Mango 17
Milk 11
65

2 Eggplant Parm/22 Cheese/Marinara Sce 8 **21**
Ital Veggie Blend 6
Cauliflower 1
Graham Crackers 11
Milk 11
59gm

MOW Sloppy Joe /Bun 18 **28**
Red Skin Potatoes 17
Vegetable Medley 6
NS Peaches 6
Milk 11
59 gm

Meatloaf w/MOW Meatloaf Sauce 12 **01**
Mashed Potatoes 19
Cauliflower 1
Fruit Cocktail 15
Milk 11
58 gm

Chicken Patty 13 w/Cheese 1/Bun 13 **08**
Sliced Carrots 7
Green Beans 4
Mandarin Oranges 16
Milk 11
65 gm

MOW Chili 19 **15**
String Cheese Stick 1
Cottage Cheese 5
Oatmeal Cookie 26
Milk 11
62

Beef Hot Dog 1 w/MOW Coney Sauce 2/Bun 17 **22**
Warm Applesauce 15
Goldfish Vanilla Graham Cracker 19
Milk 11
64 gm

Pasta w/MOW Meatsauce 20 **29**
Sliced Carrots 7
Green Beans 4
Papaya/Mango 15
Milk 11
57gm

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

3.31.26