

June

2026

Carb Controlled – Meals on Wheels Northeast Ohio


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grilled Chicken 2 01 2 oz Fried Rice 13 Vegetable Spring Rolls 19 Asian Blend Veg 5 Fruit Cocktail 15 Milk 11 65 gm	Salisbury Steak 5 w/MOW Mushroom Gravy 7 over 02 Mashed Potatoes 19 Peas 10 Nutty Buddy 11 Milk 11 63 gm	MOW Egg Salad 3 03 Ritz Crackers 3 pkg 12 MOW Broccoli Salad 10 Cottage Cheese 5 Peaches 14 Milk 11 55 gm	Pancakes 28 /Sausage Links# 0/SF Syrup 4 04 MOW Baked Apples 13 Oikos Triple Zero Yogurt 7 Milk 11 63 gm	MOW Roast Beef 0 w/ Gravy 6 over 05 Mashed Potatoes 19 Green Beans 4 Applesauce 15 Milk 11 55 gm
Mini Corn Dogs 20 Loaded Mashed Potatoes # 22 08 Green Beans 4 ½ c Strawberries or Raspberries 6 Milk 11 63 gm	MOW Sloppy Joe/ Carb Bun 19 09 Potato Wedges 18 ¼ c Buttered Corn 9 Oikos Triple Zero Yogurt 7 Milk 11 64 gm	Breaded Chicken Patty 13/Pickles 0/Carb Bun 13/Ranch Sauce 1 10 Sliced Carrots 7 Pineapple Tidbits 15 Milk 11 60 gm	MOW BBQ Chicken 5 11 ¼ c Cheesy Veg Risotto 13 Chef Cut Veg 5 Fruited Gelatin 23 Milk 11 57 gm	Beef Hot Dog/Carb Bun 17 12 ¼ c MOW Mexican Street Corn 13 Oikos Triple Zero Yogurt 7 ½ c Strawberries or Raspberries 6 Milk 11 54 gm
Chicken Fajita 4 w/Onions/Peppers 5 15 /Tortilla 12 Yellow Rice 22 Graham Crackers 11 Milk 11 65 gm	Baked Penne w/MOW 16 Meatsauce 20 Carrots 7 Italian Green Beans 5 Tropical Fruit 15 Milk 11 58 gm	Meatloaf w/ MOW Meatloaf Sauce 12 over 17 Mashed Potatoes 19 Green Beans 4 Oikos Triple Zero Yogurt 7 Milk 11 53 gm	MOW Chicken Alfredo 8 over Cavatappi 21 18 Broccoli 2 Carrots 7 Peaches 15 Milk 11 64 gm	CLOSED 19 
Cheeseburger 1/Pickles 0/ Tomato 4/Carb Bun 16 22 Baby Bakers 15 Green Beans 4 Nutty Buddy 11 Milk 11 62 gm	MOW Breakfast Casserole 18 23 Mini Biscuit 12 Warm Peaches 15 Oikos Triple Zero Yogurt 7 Milk 11 63 gm	Grilled Chicken Breast 0 Carb Bun 16 /Pickles 24 Diced Carrots 7 Bu Peas 10 Mixed Fruit 15 Milk 11 60 gm	Braut 0#/Carb Bun 17 25 Seasoned Potatoes 16 Italian Blend Veggie 6 Fresh Fruit 15 Milk 11 65 gm	MOW Chicken Salad 2 26 Cottage Cheese 5 MOW Bean Salad 14 3 pkgs of Crackers 12 Tropical Fruit 15 59 gm
Sweet & Tangy 29 Meatballs 21 Zucchini 3 Cauliflower 1 Papaya 21 Milk 11 57 gm	Philly Cheese Steak 0 30 w/Peppers/onions 5 / Carb hotdog bun 17 Broccoli 2 Mixed Veggies 8 Peaches 15 Milk 11 58 gm			Sack lunch for Juneteenth will be: MOW Ham Salad# 2 MOW Corn Relish 27 MOW Garden Cottage Cheese 5 3 pkgs Ritz Crackers 12 ½ c Strawberries or Raspberries 6 Milk 11 63 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