

July

2026

Carb Controlled – Meals on Wheels Northeast Ohio

250th Anniversary of our Nation

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4th of July Sack

MOW Egg Salad 3
Ritz Crackers 3 pkg 12
MOW Broccoli Salad 10
Cottage Cheese 5
 Peaches 14
 Milk 11 55 gm

Chicken Tenders 17 **6**
 Chicken Dippin Sauce 6
 Parslied Buttered
 Potatoes 11
 Key Largo Veggies 6
Oikos Triple Zero Yogurt 7
 Milk 11 58 gm

Mini Corn Dogs 20 **13**
Loaded Mashed Potatoes #22
Green Beans 4
½ c Strawberries or
Raspberries 6
 Milk 11
 63 gm

Chicken Fajita 4 **20**
 w/Onions/Peppers 5
/Carb Tortilla 12
Yellow Rice 22
 Graham Crackers 11
 Milk 11
 65 gm

Cheeseburger 1/Pickles **27**
 Tomato 4/ **Carb Bun 16**
 Baby Bakers 15
 Green Beans 4
Nutty Buddy 11
 Milk 11
 62 gm

Grilled Chicken 2 7
2 oz Fried Rice 13
 Vegetable Spring Rolls 19
 Asian Blend Veg 5
 Fruit Cocktail 15
 Milk 11
 65 gm

Salisbury Steak 5 **14**
 w/MOW Mushroom Gravy
 7 over Mashed Potatoes 19
 Peas 10
 Nutty Buddy 11
 Milk 11
 63 gm

Baked Penne w/MOW **21**
 Meatsauce 20
 Carrots 7
 Italian Green Beans 5
 Tropical Fruit 15
 Milk 11
 58 gm

MOW Breakfast Casserole **28**
Mini Biscuit 12
 Warm Peaches 15
Oikos Triple Zero Yogurt 7
 Milk 11
 63 gm

Breaded Pork Cutlet # **101**
 MOW German Potato
 Salad# 20
 Brussel Sprouts 6
 Mandarin Oranges 15
 Milk 11
 64 gm

MOW Sloppy Joe/Carb **8**
Bun 19
 Potato Wedges 18
 ¼ cup Buttered Corn 9
Oikos Triple Zero Yogurt 7
 Milk 11
 64 gm

Breaded Chicken
 Patty 13/Pickles 0/ **15**
Carb Bun 13
 Ranch Sauce 1
 Sliced Carrots 7
 Pineapple Tidbits 15
 Milk 11 60 gm

MOW Ham Salad# 2 **22**
MOW Corn Relish 27
 MOW Garden Cott Cheese 5
 3 pkgs Ritz Crackers 12
½ c Strawberries or
Raspberries 6
 Milk 11 63 gm

Grilled Chicken Breast 0 **29**
Carb Bun 16 /Pickles
 Diced Carrots 7
 Bu Peas 10
 Mixed Fruit 15
 Milk 11
 60 gm

Beef Hot Dog/ Carb Bun **102**
¼ c MOW Mexican Street Corn
13
Oikos Triple Zero Yogurt 7
½ c Strawberries or
Raspberries 6
 Milk 11
54 gm

Pancakes 28 /Sausage **9**
 Links# 0/SF Syrup 4
 MOW Baked Apples 13
Oikos Triple Zero Yogurt 7
 Milk 11
 63 gm

MOW BBQ Chicken 5 **16**
c Cheesy Veg Risotto 13
 Chef Cut Veg 5
 Fruited Gelatin 23
 Milk 11
 57 gm

Meatloaf w/ MOW Meatloaf **23**
 Sauce 12 over
 Mashed Potatoes 19
Green Beans 4
Oikos Triple Zero Yogurt 7
 Milk 11
 53 gm

Braut 0#/ Carb Bun **17**
Seasoned Potatoes 16 **30**
 Italian Blend Veggie 6
 Fresh Fruit 15
 Milk 11
 65 gm

Closed **03**

 Happy
 4th of
 July

MOW Roast Beef 0 w/ **10**
 Gravy 6 over
 Mashed Potatoes 19
 Green Beans 4
 Applesauce 15
 Milk 11
 55 gm

Breakfast Burrito/Scrambled
 Eggs 3/Bacon#0/Cheese **17**
 Roasted Redskins Potatoes
 16
 Baked Apples 13
Carb Tortilla 12/Salsa 2
Oikos Triple Zero Yogurt 7
 Milk 11 65 gm

MOW Chicken Alfredo 8 over
 Cavatappi 21
 Broccoli 2 **24**
 Carrots 7
Peaches 15
 Milk 11
 64 gm

MOW Chicken Salad 2 **31**
Cottage Cheese 5
 MOW Bean Salad 14
 3 pkgs of Crackers 12
 Tropical Fruit 15
 59 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,

R.D., LD

6.8.26