

August

2026

Carb Controlled – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Tangy Meatballs# 21 Zucchini 3 Cauliflower 1 Papaya 21 Milk 11 57 gm Grilled Chicken 2 2 oz Fried Rice 13 Vegetable Spring Rolls 19 Asian Blend Veg 5 Fruit Cocktail 15 Milk 11 65 gm Mini Corn Dogs 20 Loaded Mashed Potatoes #22 Green Beans 4 ½ c Strawberries or Raspberries 6 Milk 11 63 gm Chicken Fajita 4 w/Onions/Peppers 5 /Carb Tortilla 12 Yellow Rice 22 Graham Crackers 11 Milk 11 65 gm Cheeseburger 1/Pickles 0/ Tomato 4/ Carb Bun 16 Baby Bakers 15 Green Beans 4 Nutty Buddy 11 Milk 11 62 gm	Philly Cheese Steak 0 w/Peppers/onions 5 / Carb hotdog bun 17 Broccoli 2 Mixed Veggies 8 Peaches 15 Milk 11 58 gm MOW Sloppy Joe/Carb Bun 19 Potato Wedges 18 ¼ cup Buttered Corn 9 Oikos Triple Zero Yogurt 7 Milk 11 64 gm Salisbury Steak 5 w/MOW Mushroom Gravy 7 over Mashed Potatoes 19 Peas 10 Nutty Buddy 11 Milk 11 63 gm Baked Penne w/MOW Meatsauce 20 Carrots 7 Italian Green Beans 5 Tropical Fruit 15 Milk 11 58 gm	Breaded Pork Cutlet # 10 MOW German Potato Salad# 20 Brussel Sprouts 6 Mandarin Oranges 15 Milk 11 64 gm MOW Egg Salad 3 Ritz Crackers 3 pkg 12 MOW Broccoli Salad 10 Cottage Cheese 5 Peaches 14 Milk 11 55 gm Breaded Chicken Patty13/Pickles 0/ Carb Bun 13 Ranch Sauce 1 Sliced Carrots 7 Pineapple Tidbits 15 Milk 11 60 gm 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	Chicken Tenders 17 Chicken Dippin Sauce 6 Parslied Buttered Potatoes 11 Key Largo Veggies 6 Oikos Triple Zero Yogurt 7 Milk 58 gm Pancakes 28 /Sausage Links# 0/SF Syrup 4 MOW Baked Apples 13 Oikos Triple Zero Yogurt 7 Milk 11 63 gm MOW BBQ Chicken 5 ¼ c Cheesy Veg Risotto 13 Chef Cut Veg 5 Fruited Gelatin 23 Milk 11 57 gm Meatloaf w/ MOW Meatloaf Sauce 12 over Mashed Potatoes 19 Green Beans 4 Oikos Triple Zero Yogurt 7 Milk 11 53 gm	Breakfast Burrito/Scrambled Eggs3/Bacon#0/Cheese1 Roasted Redskins Potatoes 16 Baked Apples 13 Carb Tortilla 12/Salsa 2 Oikos Triple Zero Yogurt 7 Milk 11 – 65 gm MOW Roast Beef 0 w/ Gravy 6 over Mashed Potatoes 19 Green Beans 4 Applesauce 15 Milk 11 55 gm Beef Hot Dog/ Carb Bun 17 ¼ c MOW Mexican Street Corn 13 Oikos Triple Zero Yogurt 7 ½ c Strawberries or Raspberries 6 Milk 11 54 gm MOW Chicken Alfredo 8 Cavatappi 21 Broccoli 2 Carrots 7 Peaches 15 Milk 11 64 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 Lagsdon, LD

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