

# September

# 2026

## Carb Controlled – Meals on Wheels Northeast Ohio

### MONDAY

**HOLIDAY SACK**  
Egg Salad 3  
3 Pkgs Ritz Crackers 12  
Garden Cottage Cheese 5  
Fruit 15  
Graham Cracker 11  
Milk 11 57 gm



6 oz MOW Mexican Chicken  
Rice Casserole 27  
Green Beans 4 14  
NS Peaches 6  
Graham Crackers 11  
Milk 11  
59 gm

Egg Patty 1/Sausage  
Patty # 0 21  
O'Brien Potatoes 15  
Warm Peaches 14  
Mini Biscuit 12  
Graham Crackers 11  
64 gm

MOW Cheesy Chicken 28  
Broccoli Rice Casserole (8oz)  
17  
Warm Peaches 14  
Mini Biscuit 12  
Nutty Buddy Bar 11  
Milk 11  
65 gm

### TUESDAY

Salisbury Steak 5/  
MOW Mushroom gravy 7  
Mashed Potatoes 19  
Mediterranean Blend Veg 3 1  
Nutty Buddy 11  
Milk 11  
56 gm

Pizza Burger Patty # 3 /  
Pizza Sauce 5/ Cheese 0/  
Carb Bun 19 8  
Baby Bakers 15  
Italian Mixed Veg 5  
NS Cherry Mixed Fruit 7  
Milk 11  
65 gm

MOW Italian Sausage# 2 15  
//Marinara Sauce 7  
MOW Cheesy Potatoes 26  
California Blend Veg 3  
Mandarin Oranges 16  
Milk 11  
65 gm

MOW Beef Stroganoff 28  
Cauliflower 5 22  
Beets 7  
NS Mixed Fruit 8  
Milk 11  
59 gm

MOW Stuffed Cabbage 29  
Casserole # 18  
Green Beans 4  
Warm Applesauce 14  
Nutty Buddy 11  
Milk 11  
58 gm

### WEDNESDAY

MOW Cowboy Casserole 18  
MOW Warm Peaches  
w/Cinnamon 14 2  
Mini Biscuit 12  
Oikos Triple Zero Yogurt 7  
Milk 11  
62 gm

Meatloaf w/MOW Sauce 10  
Pierogies 21 w/Sauteed  
Onions 9  
Brussel Sprouts 6  
Fresh Fruit 15  
Milk 11  
63 gm

Chicken Fried Beef Fritter 16  
w/1 oz Country Gravy 12 16  
1/4 C Mashed Potatoes 9  
Sliced Carrots 7  
NS Peaches 6  
Milk 11  
61 gm

MOW Creamed Chicken 5  
over Mini Biscuit 12 23  
Sliced Carrots 7  
Winter Blend Veg 3  
Pears 15  
Milk 11  
53 gm

MOW Sweet & Sour  
Meatballs # 21 over 30  
Riced Cauliflower 3  
Diced Carrots 7  
MOW Fruited Gelatin 23  
Milk 11  
65 gm

### THURSDAY

Breaded Chicken 12/Swiss  
Cheese 0  
Scalloped Potatoes 22  
German Blend Veg 5 3  
Applesauce 15  
Milk 11  
65 gm

MOW Sloppy Joe 6 on  
Carb Bun 19  
1/4 C Au gratin Potatoes 11 10  
5 Way Mix Veg 8  
Oikos Triple Zero Yogurt 7  
Milk 11  
62 gm

MOW BBQ Ranch Chicken  
Casserole # 21 17  
Pacific Veg Blend 4  
Applesauce 16  
Milk 11  
52 gm

MOW Chili 19 24  
Oyster Crackers 11  
Cottage Cheese 5  
Pineapple 15  
Milk 11  
61 gm

### FRIDAY

4 oz MOW Macaroni &  
Cheese 25  
MOW Stewed Tomatoes 7 4  
San Fran Veg Blend 4  
Peaches 14  
Milk 11  
61 gm

MOW Sausage Gravy # 14  
over Mini Biscuit 12  
MOW Baked Apples 13  
Teddy Grahams 15 11  
Milk 11  
65 gm

MOW Shepard's Pie 18  
with Mashed Potatoes 36  
Oikos Triple Zero Yogurt 7  
NS Mixed Fruit 8  
Milk 11  
62 gm

Shredded Pork# 0 and  
Sauerkraut 1 over 25  
Mashed Potatoes 19  
Peas 10  
Peaches 14  
Milk 11  
55 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

Carla Winter,

RD, LD

8.11.26