

OCTOBER 2026

Carb Controlled – Meals on Wheels Northeast Ohio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Turkey 0 in Gravy 7
Over Mashed Potatoes 19
Green Beans 4
Dinner Roll 12
SF Vanilla Pudding 7
Milk 11
60 gm

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

19 6 oz MOW Mexican
Chicken Rice Casserole 27
Green Beans 4
Warm Peaches 14
Graham Crackers 11
Milk 11
63 gm

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

6 MOW Italian Baked Chicken 3
Rosemary Potatoes 17
California Blend Vegetable 3
Applesauce 16
Milk 11
50 gm

13 4 oz MOW Macaroni &
Cheese 25
MOW Stewed Tomatoes 7
San Fran Veg Blend 4
Peaches 14
Milk 11
61 gm

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

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

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

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

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

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

1 MOW Popcorn Chicken 10
Bowl
¼ c Mashed Potatoes 10
Corn 18/Cheese 0/Gravy 7
NS Cherry Mixed Fruit 7
Milk 11
63 gm

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

15 MOW Sloppy Joe on
Carb Bun 19
¼ C Au gratin Potatoes 11
5 Way Mix Veg 8
Oikos Triple Zero Yogurt 7
Milk 11
56 gm

22 Chicken Fried Beef
Fritter 16 w/1 oz Country
Gravy 12
¼ C Mashed Potatoes 9
Sliced Carrots 7
NS Peaches 6
Milk 11
61 gm

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

2 MOW Loaded Baked
Potato Soup # 32
Cottage Cheese 5
NS Mixed Fruit 8
Oikos Triple Zero Yogurt 7
Milk 11
63 gm

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

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

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

30 Shredded Pork# 0 and
Sauerkraut 1 over
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 Logsdon, LD

Carla Winter,

RD, LD

9.10.26