DECEMBER 2026

Carb Controlled – Meals on Wheels Northeast Ohio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenders 17 Augratin Potatoes 22 California Blend Veg 3 NS Mixed Fruit 8 Milk 11 61	2 MOW Ham & Bean Soup# 32 Green Beans 4 Applesauce 15 Milk 11 62	3 MOW Sloppy Joe 6 on Carb Bun 19 Bean Medley 12 Applesauce 15 Milk 11 63	4 Smothered Beef Patty 7 Over Rice 19 Wax Beans 7 Peaches 15 Milk 11 59
7 MOW Cr of Mushroom Soup 8oz 27 MOW White Bean Red Onion and Mint Salad 16 Cottage Cheese 5 NS Peaches 6 Milk 11	8 Meatballs# in Marinara 25 Italian Green Beans 5 Cauliflower 1 Teddy Grahams 15 Milk 11 57	9 Salisbury Steak 5/Gvy 7 Over Mashed Potatoes 15 Cauliflower Bake 11 Applesauce 13 Milk 11 62	10 8oz MOW Chicken Pot Pie 15 over Mini Biscuit 12 Brussel Sprouts 6 Baked Apples 13 Milk 11 57	11 6oz MOW Pizza Casserole # 18 Bean Medley 12 Warm Peaches 14 Milk 11 57
14 Swiss Steak 13 w/Gvy 7 Baby Bakers 15 Broccoli 2 Graham Cracker 11 Milk 11 59	15 MOW Southwest Chicken Chili 8oz 20 Corn Muffin 25 NS Peaches 6 Milk 11 62	16 Polish Sausage# 4 with Sauerkraut 1 Mashed Potato 19 Green Beans 4 Shortbread Cookie 20 Milk 11 59	17 MOW Stuffed Pepper Casserole 6 oz 23 Carrots 6 Broccoli 2 Pears 17 Milk 59	18 Breaded Chicken Patty 13 on Carb Bun 16 Pickle Slices 0 Green Beans 4 2 oz Augratin Potatoes 11 NS Cherry Fruit Mix 7 Milk 11 62
21 Fried Egg Patty 1 /2 Sausage Links# 1 Hashbrowns 18 Cinnamon Peaches 14 Oikos Triple Zero Yogurt 7 Milk 11 52	22 MOW Tomato Soup 18 Cheese Wrap 15 Mandarin Oranges 16 Milk 11 61	23 Baked Ham# 2 w/1/2 slice pineapple 3 Diced Roasted Sweet Potato 17 Peas & Carrots 7 Plain Christmas Cookie 23 Milk 11 63	24 **AGENCY CLOSED**	25
28	29	30	31	

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 Kobilarcsik, RD,LD

11.6.26

Agency Closed 12.24.26 – 1.1.27. All meals will resume on 1.4.27

Should we need to cancel due to bad weather it will be posted on: WKYC – 3, FOX 8, WVIZ – 25, WKSU FM 89.7, WCPN FM 104.9, WCLV FM 90.3 , WCRF – FM 103.3 and WHBC 1480. We will also send out text and email to those we have info on file.

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