

# Ohio Congregate Breakfast Menu



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY  
513-244-5485

Monday	1 Tuesday	2 Wednesday	3 Thursday
	Biscuit Sandwich W/ Canadian Bacon, eggs & cheese Hasbrowns apple Milk 100% Grape Juice	Mini Sasauge Pancake wraps SF syrup Cottage cheese Mandarin Oranges Milk 100% Apple juice	Oatmeal Breakfast Scrambled eggs Mini Potato pancakes orange Milk orange juice
7 Monday	8 Tuesday	9 Wednesday	10 Thursday
Egg Patty Sandwich w. English Muffin Turkey bacon Hasbrowns Milk Fresh fruit	Mini French Toast Cheesy Scrambled Eggs Turkey sausage links SF syrup Diced pears Milk pineapple orange juice	Pancakes and Turkey Sausage Patties Low fat Vanilla Yogurt SF syrup Mixed berries Milk 100% Grape Juice	Southwestern Omelet W/ bell pepper, onion Wheat bread w/ margarine Pineapple Tibits Milk 100% cranberry juice
14 Monday	15 Tuesday	16 Wednesday	17 Thursday
Mini Sasauge Pancake Wraps SF Syrup Cottage cheese Mandarin Oranges Milk 100% Apple juice	Egg Patty with cheese & Canadian Bacon on English Muffin Krispie Rice Cereal 100%orange juice Milk 100% grape juice	Mini French Toast Turkey Sausage Links SF syrup Diced pears Milk pineapple orange juice	Egg Omlet Hasbrowns Cherios Fruit cup Milk 100% apple juice
21 Monday	22 Tuesday	23 Wednesday	24 Thursday
Egg Patty with cheese & Canadian Bacon on English Muffin Hash browns Milk Fresh oranges	Egg Omlet Hasbrowns Cherios Diced pears Milk orange juice	Sausage Biscuits & Gravy Cottage cheese Bananna Milk 100% grape juice	Mini French Toast w/ Sausage links SF syrup Peaches Milk 100% apple juice
28 Monday	Tuesday	Wednesday	Thursday
Pancakes Turkey sausage links SF Syrup Pineapple tibits Milk 100% cranberry juice			

# February 2022

4 Friday

Bisuits & Gravy  
Sausage patty  
Cottage cheese  
Fruit cocktail  
Milk  
100% apple juice

11 Friday

Biscuit Sandwich  
w/ Egg, Cheese &  
Turkey Sausage  
Hash Browns  
Peaches  
Milk  
orange juice

18 Friday

Pancake Breakfast  
Scrambled eggs  
SF syrup  
Pears  
Milk  
100% cranberry juice

25 Friday

Scrambled eggs  
Mini pancakes  
Turkey bacon , Raisin Bran  
Fruit cocktail  
Milk  
Apples

Friday

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