

Ohio Congregate Breakfast Menu



January
2022

MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

513-244-5485

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
3 Pancake Turkey sausage links SF Syrup Pineapple tibits Milk 100% cranberry juice	Morning 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 100% orange juice	Bisuits & Gravy Sausage patty Cottage cheese Fruit cocktail Milk 100% apple juice
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
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 100% 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	Morning Biscuit Sandwich w/ Egg, Cheese & Turkey Sausage Hash Browns Peaches Milk 100% orange juice
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
MLK Day Closed	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 100% pineapple orange juice	Egg Omlet Hasbrowns Cherios Fruit cup Milk 100% apple juice	Pancake Breakfast Scrambled eggs SF syrup Pears Milk 100% cranberry juice
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
Egg Patty with cheese & Canadian Bacon on English Muffin Hash browns Milk Fresh oranges 100% Apple juice	Egg Omlet Hasbrowns Cherios Diced pears Milk 100% orange juice 100% grape juice	Sausage Biscuits & Gravy Cottage cheese Bananna Milk 100% grape juice 100% pineapple orange juice	Mini French Toast w/ Sausage links SF syrup Peaches Milk 100% apple juice needs 100% apple juice	Scrambled eggs Mini pancakes Turkey bacon , Raisin Bran Fruit cocktail Milk Apples
31 Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancake Turkey sausage links SF Syrup Pineapple tibits Milk 100% cranberry juice				

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