Ohio Congregate Breakfast Menu

MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

July 2022

Monday	Tuesday	Wednesday	Thursday	1 Friday
				Biscuit Sandwich w/ Egg, Cheese & Turkey Sausage Hashbrown Peaches Milk Orange Juice
4 Monday	**5 Tuesday**	**6 Wednesday**	**7 Thursday**	**8 Friday**
Closed 4th of July	Egg, Cheese Canadian Bacon English Muffin Krispie Rice Cereal Orange Juice Milk Grape Juice	French Toast T Sausage Links SF Syrup Diced Pears Milk Tropical Fruit Juice	Cheese Omelet Hashbrown Cheerios Mix Fruit Milk Apple Juice	Pancakes Scrambled Eggs SF Syrup Pears Milk Apple Juice
11 Monday	**12 Tuesday**	**13 Wednesday**	**14 Thursday**	**15 Friday**
Egg, Cheese Canadian Bacon English Muffin Hashbrown Milk Fresh Orange	Cheese Omelet Hashbrown Cheerios Diced Pears Milk Orange Juice	Biscuit & Gravy Sausage Patty Cottage Cheese Mandarin Oranges Milk Grape Juice	French Toast Sausage Links SF Syrup Peaches Milk Apple Juice	Scrambled Eggs Pancakes Turkey Bacon Raisin Bran Fruit Cocktail Milk Apple
18 Monday	**19 Tuesday**	**20 Wednesday**	**21 Thursday**	**22 Friday**
Pancakes T Sausage Links SF Syrup Pineapple Tibits Milk Tropical Fruit Juice	Biscuit Sandwich W/ Canadian Bacon, Egg & Cheese Hashbrown Mix Fruit Milk Grape Juice	Pancakes SF Syrup Cottage Cheese Mandarin Oranges Milk Apple Juice	Oatmeal Scrambled eggs M Potato Pancakes Orange Milk Orange Juice	Biscuit & Gravy Sausage Patty Cottage Cheese Fruit Cocktail Milk Apple Juice
25 Monday	**26 Tuesday**	**27 Wednesday**	**28 Thursday**	**29 Friday**
Egg Sandwich Egg, Cheese Turkey Bacon English Muffin Hashbrown Milk Fresh Fruit	French Toast Cheesy Eggs Turkey Sausage Link SF syrup Diced Pears Milk Orange Juice	Pancakes T Sausage Patties Low Fat Vanilla Yogurt SF syrup Mixed Berries Milk Grape Juice	Southwestern Omelet Peppers & Onions Wheat Bread Margarine Pineapple Tibits Milk Tropical Fruit Juice	Biscuit Sandwich w/ Egg, Cheese & Turkey Sausage Hashbrown Peaches Milk Orange Juice