

Kentucky Hot Menu



January 2022

MEALS on WHEELS

SOUTHWEST OH & NORTHERN KY

513-244-5485

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Sloppy Joe w/ No bun Green Beans Roasted Baby Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers	Salisbury Steak Mashed Potatoes Mixed Vegetables Slice of Bread Sun Butter Diced Peaches Granola Bar	Cheeseburger Sweet Potato Puff Mixed Berry Crisp Slice of bread Sun Butter Orange Marshmallow Pie	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Oreos	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Orange Juice Town House Crackers
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Spaghetti & Meatballs Italian Vegetables Cinnamon Apples Slice of bread Cranberry Juice Fig bar	Baked Chicken w. Gravy Herbed Dressing Broccoli & Cauliflower Slice of Bread Apple Juice Fruit Delight	Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples Sun Butter Grape Juice Pineapple Cup	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Sun Butter Cranberry Juice Donut Stick	Pork Chop Sauerkraut Diced Potatoes Slice of Bread Tropical Fruit Juice Brownie
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
MLK Day Closed	Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread Sun Butter Mixed Fruit Cup	Grill Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables Slice of Bread Apple Juice Sun Butter	Sliced Turkey & Gravy Dressing Green Beans Slice of bread Diced Pears Vanilla Cookie	Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Fruit Delight
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
Flame Broiled Beef Steak Roasted Baby Bakers Mixed Vegetables Slice of Bread Banana Snack Bar	Ham and Beans Spinach Tator Tots Slice of Bread Apples Sauce Sun Chips	Lasagna Rollup w/ Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers	Cincinnati Chili & Spaghetti shredded cheese Corn & Black beans Cinnamon Apples Orange Fruit Delight	Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie
31 Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Lorna Doone Cookie				

*Your order may contain substitutions,
based on product availability.*

