

# Kentucky Hot Menu

513-244-5485



MEALS ON WHEELS  
SOUTHWEST OH & NORTHERN KY

# July 2022

				1 Friday
	<i><u>Your order may contain substitutions, based on</u></i>			Ham and Beans Spinach Tater Tots Slice of Bread Tropical Fruit Juice Brownie
4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Closed 4th of July	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	Sliced Turkey & Gravy Dressing Green Beans Slice of bread Diced Pears Lorna Doone Cookie	Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice snack bar
11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Flame Broiled Beef Steak Roasted Baby Bakers Mixed Vegetables Slice of Bread Peaches 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 snack bar	Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie
18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Lorna Doone Cookie	Salisbury Steak/ Gravy Sweet 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	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Orange Juice Town house-crackers
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Spaghetti & Meatballs Italian Vegetables Spinach Slice of bread Cranberry Juice Fig bar	Baked Chicken w. Gravy Herbed Dressing Broccoli & Cauliflower Slice of Bread Apple Juice snack bar	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 nutri-grain bar	Ham and Beans Spinach Tater Tots Slice of Bread Tropical Fruit Juice Brownie