

Kentucky Hot Menu



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

513-244-5485

Monday	1 Tuesday	2 Wednesday	3 Thursday
	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	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie
7 Monday	8 Tuesday	9 Wednesday	10 Thursday
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 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
14 Monday	15 Tuesday	16 Wednesday	17 St. Patricks Day
Sloppy Joe w/ No bun Green Beans Roasted Baby Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers	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 Lorna Doone Cookie
21 Monday	22 Tuesday	23 Wednesday	24 Thursday
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 snack bar
28 Monday	29 Tuesday	30 Wednesday	31 Thursday
Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Lorna Doone Cookie	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	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie

March 2022

4 Friday

Cheeseburger Meatloaf
Baby Bakers
California Vegetables
Slice of bread
Orange Juice
Town House Crackers

11 Friday

Pork Chop
Sauerkraut
Diced Potatoes
Slice of Bread
Tropical Fruit Juice
Brownie

18 Friday

Chicken Alfredo w/
Penne Pasta
sliced Carrots
Broccoli
Slice of Bread
Tropical Fruit Juice
snack bar

25 Friday

Chicken Strips
Mixed Vegetables
Tater Barrels
Sun Butter
Cranberry Juice
Brownie

Friday

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