

Kentucky Hot Menu



September

513-244-5485

MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

2022

				1 Thursday	2 Friday
<p><u>Your order may contain substitutions, based on</u></p>				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
		5 Monday	6 Tuesday	7 Wednesday	8 Thursday
Closed for LABOR DAY	Ham and Beans Spinach Tator Tots Slice of Bread Applesauce 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 Oyster Crackers	Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie	
12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 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	
19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 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 oyster crackers 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	
26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	
Sloppy Joe w/ No bun Green Beans Roasted 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	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	