

Ohio Daily Menu

Meals on Wheels

September 2022

Orders may contain substitutions based on product availability.

Questions or concerns:
513-244-5485

1 Thursday	2 Friday	3 Saturday
Cheeseburger Meatloaf	Spaghetti & Meatballs	C. Fried Steak w/ Gravy
Baby Bakers	Spinach	Peas and Carrots
California Vegetables	Italian Vegetables	Mashed Potatoes
Slice of Bread	Slice of Bread	Diced Pears
Orange Juice	Mixed fruit cup	Cranberry Juice
Towne House Crackers	Fig Bar	Cheese it crackers

4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 Saturday
Country Ham Sweet Potato Cubes Capri Blend Vegetables Slice of bread Orange Juice Chocolate Cream Cookie	Baked Chicken/Gravy Herb Dressing Broccoli & Cauliflower slice of bread Apple Juice Fruit Cup	Cincinnati Chili & Spag. Shredded cheese Corn & Black Beans Cinnamon Apples Grape Juice Oyster crackers	Country Fried Steak Scalloped Potatos California Vegetables Slice of bread Cranberry Juice Oreos	Pork BBQ Garlic Potatoes Carrots Slice of Bread Tropical Fruit Juice Brownie	Boneless Chicken Bites Au gratin Potatoes Mixed Vegetables Slice of Bread Diced Peaches Fruit Cup	Cheese Omelet Hash Brown Patty Peach Crisp Slice of Bread Mandarin Oranges Snack Bar
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
BBQ Chicken Bites Roasted New Potatoes California Vegetables Slice of bread Orange juice Lorna Doone Cookie	Grill Sausage w/ onions and peppers Seasoned Potato Wedges Mixed Vegetables Apple Juice Mixed Fruit Cup	Sliced Turkey & Gravy Dressing Green Beans Slice of Bread Grape Juice Diced Pears	Chicken Alfredo & Penne Pasta Sliced Carrots Broccoli Tropical Fruit Juice Fruit Cup	Flamed Broiled Beef Steak Roasted Baby Bakers Mixed Vegetables Slice of Bread Peaches Snack Bar	Ham and Beans Spinach Tator Tots slice of bread Applesause Sun Chip	Biscuits and Gravy Mini Potato Pancakes Turkey Sausage Cranberry Juice Diced Pears Fig Bar
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
Pot Roast Redskin Potatoes Carrots Slice of bread Orange Juice Chocolate cream Cookie	Lasagna w/ Meat Sauce Italian Vegetables Apple Crisp Slice of Bread Apple juice Graham Crackers	Cincinnati Chili & Spag. Shredded cheese Corn & Black Beans Cinnamon Apples Oyster crackers orange/fruit cup	Chicken Strips Italian mixed vegetables Tater Barrels Slice of bread Cranberry Juice Brownie	Sloppy Joe/ No bun Green Beans Baby Bakers Slice of Bread Tropical Fruit Juice Cheese it crackers	Meatloaf w. Gravy Mashed Potatoes Carrots Slice of Bread Diced Peaches Lorna Doone Cookies	Pancakes Mini Potato Pancakes Turkey sausage links Fruit Cup Apple Juice Fig Bar
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	
Pork BBQ Garlic Redskin Potatoes Carrots Slice of bread Grape Juice Sun Chips	Salisbury Steak/Gravy Mash Sweet Potatoes Mixed Vegetables Slice of Bread Peaches Granola Bar	Cheeseburger/ No bun Sweet Potato Puff Mixed Berry Crisp Slice of Bread Mandarin Oranges Lorna Doone Cookies	Pot Roast Parslied Noodles Collard Greens Slice of bread Pineapple Cup Oreos	Spaghetti & Meatballs Spinach Italian Vegetables Slice of Bread Mixed fruit cup Fig Bar	C. Fried Steak w/ Gravy Peas and Carrots Mashed Potatoes Diced Pears Cranberry Juice Cheese it crackers	