Kentucky Hot Menu 513-244-5485



2025 July

513-244-5485 MEALS WHEELS						
	1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY		
	Ham and Beans	Lasagna Rollup w/Meat Sauce	Chicken Strips	Meatloaf w. gravy		
	Spinach	Mixed Vegetables	Mixed Vegetables	Mashed Potatoes		
	Redskin Potatoes	Apple Crisp	Sweet Potato Cubes	Carrots		
	Slice of Bread	Slice of Bread	Sun Butter	Slice of Bread		
	Apple Sauce	Grape Juice	Tropical Fruit Juice	Mixed Fruit Cup		
	Sun Chips	Graham Crackers	Brownie	Lorna Doone Cookie		
7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY		
Salisbury Steak/Gravy	Cheeseburger	Pot Roast	Cheeseburger Meatloaf	Spaghetti & Meatballs		
Parslied Potatoes	Sweet Potato Puff	Parslied Noodles	Baby Bakers	Italian Vegetables		
Mixed Vegetables	Mixed Berry Crisp	Collard Greens	California Vegetables	Spinach		
Slice of Bread	Slice of bread	Slice of Bread	Slice of bread	Slice of bread		
Sun Butter	Sun Butter	Diced Peaches	Orange Juice	Sun Butter		
Diced Peaches	Orange	Choc. Crème cookie	Town house-crackers	Fig bar		
14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY		
Baked Chicken w. Gravy	Cincinnati Chili & Spaghetti	Country Fried Steak	Sloppy Joe w/no bun	Boneless Chicken Bites		
Herbed Dressing	Shredded cheese	Scalloped Potatoes	Green Beans	Au Gratin Potatoes		
Brocolli & Cauliflower	Corn & Black Beans	Cailfornia Vegetables	Roasted Bakers	Mixed Vegetables		
Slice of Bread	Cinnamon Apples	Slice of Bread	Slice of bread	Slice of Bread		
Apple Juice	Oyster Crackers	Tropical Fruit Juice	Diced Pears	Sun Butter		
Snack bar	Pineapple Cup	Nutri-grain bar	Cheese It Crackers	Mixed Fruit Cup		
21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY		
Grilled Sausage w/Onion and Peppers	Turkey & Gravy	Chicken Alfredo w/Penne Pasta	Flame Broiled Beef Steak	Ham and Beans		
Potato Wedges	Mashed Potatoes	Sliced Carrots	Roasted Bakers	Spinach		
Mixed Vegetables	Green Beans	Broccoli	Mixed Vegetables	Redskin Potatoes		
Slice of Bread	Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread		
Apple Juice	Diced Pears	Tropical Fruit Juice	Peaches	Apple Sauce		
	Town house Crackers	Snack Bar	Brownie	Sun Chips		
28 MONDAY	29 TUESDAY	30 WEDNESDAY	31 THURSDAY			
Lasagna Rollup w/Meat Sauce	Chicken Strips	Meatloaf w. gravy	Salisbury Steak/Gravy			
Mixed Vegetables	Mixed Vegetables	Mashed Potatoes	Parslied Potatoes			
Apple Crisp	Sweet Potato Cubes	Carrots	Mixed Vegetables			
Slice of Bread Grape Juice	Sun Butter Tropical Fruit Juice	Slice of Bread Mixed Fruit Cup	Slice of Bread Sun Butter			
Graham Crackers	Brownie	Lorna Doone Cookie	Diced Peaches			