

Kentucky TR Hot Menu 513-244-0660 Diabetic/Cardiac Friendly			 MEALS on WHEELS SOUTHWEST OH & NORTHERN KY		July 2025	
		1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY	
		Ham and Beans Spinach Red Skin Potatoes Slice of Bread Applesauce Ritz Bitz	Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Tropical Fruit Juice SF Pudding	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Mixed Fruit Cup Club Crackers	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Tropical Fruit Juice Sun Butter	
7 MONDAY		8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	
Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter Grape Juice		Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice Ritz Bitz	Pot Roast Noodles Collard Greens Slice of Bread Diced Peaches SF Choc Chip Cookie	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of Bread Apple Juice Club Crackers	Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Grape Juice SF Pudding	
14 MONDAY		15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	
Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Apple Juice SF Lemon Cookie		Cincinnati Chili & Spaghetti Corn Cinnamon Apples Oyster Crackers Grape Juice	Country Fried Steak Scalloped Potatoes Caifornia Vegetables Slice of Bread Peaches SF Choc Chip Cookie	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice Ritz Bitz	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Mixed Fruit Cup Club Crackers	
21 MONDAY		22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY	
Pot Roast Noodles Collard Greens Slice of Bread Diced Peaches SF Choc Chip Cookie		Turkey & Gravy Mashed Potatoes Green Beans Slice of Bread Diced Pears SF Pudding	Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Grape Juice SF Pudding	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of Bread Apple Juice Club Crackers	Ham and Beans Spinach Red Skin Potatoes Slice of Bread Applesauce Ritz Bitz	
28 MONDAY		29 TUESDAY	30 WEDNESDAY	31 THURSDAY		
Cincinnati Chili & Spaghetti Corn Cinnamon Apples Oyster Crackers Grape Juice		Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Mixed Fruit Cup Club Crackers	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Tropical Fruit Juice Sun Butter	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter Grape Juice		
