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

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