

Meals on Wheels		Jul-25	513-244-5485	Daily Menu		
		1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY	5 SATURDAY
		Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples Grape Juice Oyster crackers	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 Sun Chips	Cheese Omelet Hash Brown Patty Peach Crisp Slice of Bread Mandarin Oranges Snack Bar	BBQ Chicken Bites Roasted New Potatoes California Vegetables Slice of bread Orange juice Sun Chips
6 SUNDAY	7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY
Grilled Sausage w/ onions and peppers Seasoned Potato Wedges Mixed Vegetables Slice of bread & Apple Juice Mixed Fruit Cup	Meatloaf w/ Gravy Mashed Potatoes Carrots Slice of Bread Diced Peaches Brownie	Chicken Alfredo & Penne Pasta Sliced Carrots Broccoli Tropical Fruit Juice Fruit Cup	Flamed Broiled Steak Roasted Baby Bakers Mixed Vegetables Slice of Bread Peaches Snack Bar	Turkey Ham and Beans Spinach Red Skin Potatoes slice of bread Applesauce Sun Chips	Biscuits and Gravy Mini Potato Pancakes Turkey Sausage Grape Juice Diced Pears Ritz Bitz	Pot Roast Redskin Potatoes Carrots Slice of bread Orange Juice Choc Crème Cookie
13 SUNDAY	14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY
Lasagna w/ Meat Sauce Italian Vegetables Apple Crisp Slice of Bread Tropical Fruit Juice Graham Crackers	Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples Oyster crackers Fruit Cup	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of bread Apple Juice Choc Crème Cookie	Sloppy Joe/ No bun Green Beans Baby Bakers Slice of Bread Tropical Fruit Juice Cheese it crackers	Turkey w/ Gravy Mashed Potatoes Green Beans Slice of Bread Grape Juice Diced Pears	Pancakes Mini Potato Pancakes Turkey sausage links Fruit Cup Apple Juice Ritz Bitz	Pork BBQ Garlic Redskin Potatoes Carrots Slice of bread Grape Juice Sun Chips
20 SUNDAY	21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY	26 SATURDAY
Salisbury Steak/Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Peaches Tropical Fruit Juice	Cheeseburger/ No bun Sweet Potato Puff Mixed Berry Crisp Slice of Bread Mandarin Oranges Graham crackers	Pot Roast Parslied Noodles Collard Greens Slice of bread Pineapple Cup Brownie	Spaghetti & Meatballs Spinach Italian Vegetables Slice of Bread Mixed fruit cup Choc Crème Cookie	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of Bread Orange Juice Towne House Crackers	C. Fried Steak w/ Gravy Peas and Carrots Mashed Potatoes Diced Pears Tropical Fruit Juice Cheese it crackers	Country Ham Sweet Potato Cubes Capri Blend Vegetables Slice of bread Orange Juice Choc Crème Cookie
27 SUNDAY	28 MONDAY	29 TUESDAY	30 WEDNESDAY	31 THURSDAY		
Baked Chicken/Gravy Herb Dressing Broccoli & Cauliflower slice of bread Apple Juice Fruit Cup	Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples Grape Juice Oyster crackers	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 Sun Chips	Cheese Omelet Hash Brown Patty Peach Crisp Slice of Bread Mandarin Oranges Snack Bar		