

KY TR Menu 513-244-0660 Diabetic/Cardiac Friendly		 MEALS on WHEELS SOUTHWEST OH & NORTHERN KY			July 2026
		1 WEDNESDAY	2 THURSDAY	3 FRIDAY	
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING		Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	
Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	
Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	
20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY	
Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	
27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY	
Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	