

Meals on Wheels		Jul-26		513-244-5485		Daily Menu	
				1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING				Salisbury Steak/Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Peaches Tropical Fruit Juice	Cheeseburger/ No bun Sweet Potato Cubes 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
5 SUNDAY		6 MONDAY		8 WEDNESDAY	9 THURSDAY	10 FRIDAY	11 SATURDAY
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	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	Biscuits and Gravy Hash Brown Patty Turkey Sausage Grape Juice Diced Pears Ritz Bitz	Boneless Chicken Bites Au gratin Potatoes Mixed Vegetables Slice of Bread Diced Peaches Sun Chips	
12 SUNDAY		13 MONDAY		15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY
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	Grilled Sausage w/ onions and peppers Redskin Potatoes 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	
19 SUNDAY		20 MONDAY		22 WEDNESDAY	23 THURSDAY	24 FRIDAY	25 SATURDAY
Pork BBQ Garlic Redskin Potatoes Carrots Slice of bread Grape Juice Sun Chips	Pot Roast Redskin Potatoes Carrots Slice of bread Orange Juice Choc Crème Cookie	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	
26 SUNDAY		27 MONDAY		29 WEDNESDAY	30 THURSDAY	31 FRIDAY	
Pancakes Potato Cubes Turkey sausage links Fruit Cup Apple Juice Ritz Bitz	Pork BBQ Garlic Redskin Potatoes Carrots Slice of bread Grape Juice Sun Chips	Salisbury Steak/Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Peaches Tropical Fruit Juice	Cheeseburger/ No bun Sweet Potato Cubes 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		