

KY TR Menu 513-244-0660 Diabetic/Cardiac Friendly				 MEALS on WHEELS SOUTHWEST OH & NORTHERN KY	August 2026
3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY	
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	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	
10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 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	
17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 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	
24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY	28 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	
31 MONDAY					
Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple				MENU SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING	