Feb-24 513-244-0660

MEALS WHEELS

Approved by:_____

Sunday	Monday	Tuesday	Wednesday	1 Thursday	2 Friday	3 Saturday
				Chicken Alfredo &	Flamed Broiled Steak	Ham and Beans
				Penne Pasta	 Roasted Baby Bakers 	□ Spinach
				Sliced Carrots	Mixed Vegetables	Red Skin Potatoes
				Broccoli	Slice of Bread	slice of bread
				Tropical Fruit Juice	Peaches	Applesause
				Fruit Cup	Snack Bar	Sun Chips
4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 Saturday
Biscuits and Gravy	Pot Roast	Lasagna w/ Meat Sauce	Cincinnati Chili & Spaghetti	Chicken Strips	Sloppy Joe/ No bun	Sliced Turkey & Gravy
Mini Potato Pancakes	Redskin Potatoes	Italian Vegetables	Shredded cheese	Italian Mixed Vegetables	Gruen Beans	☐ Ma⊍hed Potatoes
Turkey Sausage	Carrots	Apple Crisp	Corn & Black Beans	Sweet Potato Cubes	Baby Bakers	Green Beans
Cranberry Juice	Slice of bread	Slice of Bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread
Diced Pears	Orange Juice	Apple juice	Oyster crackers	Cranberry Juice	Tropical Fruit Juice	Grape Juice
Ritz Bitz	Choc Crème Cookie	Graham Crackers	Fruit Cup	Choc Crème Cookie	Cheese it crackers	Diced Pears
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
Pancakes	Pork BBQ	Salisbury Steak/Gravy	Cheeseburger/ No bun	Pot Roast	Spaghetti & Meatballs	Cheeseburger Meatloaf
Mini Potato Pancakes	Garlic Redskin Potatoes	Parslied Potatoes	Sweet Potato Puff	Parslied Noodles	□ Spinach	Baby Bakers
Turkey sausage links	Carrots	Mixed Vegetables	Mixed Berry Crisp	Collard Greens	Italian Vegetables	California Vegetables
Fruit Cup	Slice of bread	Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread
Apple Juice	Grape Juice	Peaches	Mandarin Oranges	Pineapple Cup	Mixed fruit cup	Orange Juice
Ritz Bitz	Sun Chips	Fruit Cup	Graham crackers	Brownie	Choc Crème Cookie	Towne House Crackers
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
C. Fried Steak w/ Gravy	Country Ham	Baked Chicken/Gravy	Cincinnati Chili & Spag.	Country Fried Steak	Pork BBQ	Boneless Chicken Bites
Peas and Carrots	Sweet Potato Cubes	Herb Dressing	Shredded cheese	Scalloped Potatos	□ Garlic Potatoes	Au gratin Potatoes
Mashed Potatoes	Capri Blend Vegetables	Broccoli & Cauliflower	Corn & Black Beans	California Vegetables	Carrots	Mixed Vegetables
Diced Pears	Slice of bread	slice of bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread
Cranberry Juice	Orange Juice	Apple Juice	Grape Juice	Cranberry Juice	Tropical Fruit Juice	Diced Peaches
Cheese it crackers	Choc Crème Cookie	Fruit Cup	Oyster crackers	Graham Cracker	Brownie	Sun Chips
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday		
Cheese Omelet	BBQ Chicken Bites	Grilled Sausage w/	Meatloaf w/ Gravy	Chicken Alfredo &		
Hash Brown Patty	Roasted New Potatoes	onions and peppers	Mashed Potatoes	Penne Pasta		□ ■
Peach Crisp	California Vegetables	Seasoned Potato Wedges	Carrots	Sliced Carrots		
Slice of Bread	Slice of bread	Mixed Vegetables	Slice of Bread	Broccoli		
Mandarin Oranges	Orange juice	Slice of bread & Apple Juice	Diced Peaches	Tropical Fruit Juice	_	
Snack Bar	Sun Chips	Mixed Fruit Cup	Brownie	Fruit Cup		