



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

1 Monday	2 Tuesday	3 Wednesday	1 Thursday	2 Friday
Your order may contain substitutions based on product availability			Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Snack bar	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Slice of Bread Peaches Brownie
5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday
Ham and Beans Spinach Tator Tots Slice of Bread Apple Sauce Sun Chips	Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers	Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie	Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Graham Cracker	Salisbury Steak/ Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Sun Butter Diced Peaches
12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday
Cheeseburger Sweet Potato Puff Mixed Berry Crisp Slice of bread Sun Butter Orange	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Orange Juice Town house Crackers	Spaghetti & Meatballs Italian Vegetables Spinach Slice of bread Cranberry Juice Graham Cracker	Baked Chicken w. Gravy Herbed Dressing Broccoli & Cauliflower Slice of Bread Apple Juice Snack bar
19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples oyster crackers Grape Juice	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Sun Butter Cranberry Juice Nutri-grain bar	Sloppy Joe w/ No bun Green Beans Roasted Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers	Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread Sun Butter Mixed Fruit Cup	Grilled Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables Slice of Bread Apple Juice
26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
Sliced Turkey & Gravy Dressing Green Beans Slice of bread Diced Pears Granola Bar	Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Snack bar	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Slice of Bread Peaches Brownie	Ham and Beans Spinach Tator Tots Slice of Bread Apple Sauce Sun Chips	Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers

