Apr-24 513-244-0660

MEALS WHEELS

Approved by:

Sunday	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
	Pot Roast	Lasagna w/ Meat Sauce	Cincinnati Chili & Spaghetti	Chicken Strips	Sloppy Joe/ No bun	Sliced Turkey & Gravy
	Redskin Potatoes	Italian Vegetables	Shredded cheese	Italian Mixed Vegetables	Gruen Beans	Mauhed Potatoes
	Carrots	Apple Crisp	Corn & Black Beans	Sweet Potato Cubes	Baby Bakers	Green Beans
	Slice of bread	Slice of Bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread
	Orange Juice	Apple juice	Oyster crackers	Apple Juice	Tropical Fruit Juice	Grape Juice
	Choc Crème Cookie	Graham Crackers	Fruit Cup	Choc Crème Cookie	Cheese it crackers	Diced Pears
7 Sunday	8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 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
14 Sunday	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 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 αratin 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
Tropical Fruit Juice	Orange Juice	Apple Juice	Grape Juice	Orange Juice	Tropical Fruit Juice	Diced Peaches
Cheese it crackers	Choc Crème Cookie	Fruit Cup	Oyster crackers	Graham Cracker	Brownie	Sun Chips
21 Sunday	22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
Cheese Omelet	BBQ Chicken Bites	Grilled Sausage w/	Meatloaf w/ Gravy	Chicken Alfredo &	Flamed Broiled Steak	Ham and Beans
Hash Brown Patty	Roasted New Potatoes	onions and peppers	Mashed Potatoes	Penne Pasta	Roasted Baby Bakers	□ Spinach
Peach Crisp	California Vegetables	Seasoned Potato Wedges	Carrots	Sliced Carrots	Mixed Vegetables	Red Skin Potatoes
Slice of Bread	Slice of bread	Mixed Vegetables	Slice of Bread	Broccoli	Slice of Bread	slice of bread
Mandarin Oranges	Orange juice	Slice of bread & Apple Juice	Diced Peaches	Tropical Fruit Juice	Peaches	Applesauce
Snack Bar	Sun Chips	Mixed Fruit Cup	Brownie	Fruit Cup	Snack Bar	Sun Chips
28 Sunday	29 Monday	30 Tuesday				
Biscuits and Gravy	Pot Roast	Lasagna w/ Meat Sauce				
Mini Potato Pancakes	Redskin Potatoes	Italian Vegetables				
Turkey Sausage	Carrots	Apple Crisp				
Grape Juice	Slice of bread	Slice of Bread				
Diced Pears	Orange Juice	Apple juice				
Ritz Bitz	Choc Crème Cookie	Graham Crackers				