



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
<p>Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie</p>	<p>Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Graham Cracker</p>	<p>Salisbury Steak/ Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Sun Butter Diced Peaches</p>	<p>Cheeseburger Sweet Potato Puff Mixed Berry Crisp Slice of bread Sun Butter Orange</p>	<p>Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie</p>
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
<p>Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Orange Juice Town house Crackers</p>	<p>Spaghetti &amp; Meatballs Italian Vegetables Spinach Slice of bread Cranberry Juice Graham Cracker</p>	<p>Baked Chicken w. Gravy Herbed Dressing Broccoli &amp; Cauliflower Slice of Bread Apple Juice Snack bar</p>	<p>Cincinnati Chili &amp; Spaghetti Shredded cheese Corn &amp; Black Beans Cinnamon Apples oyster crackers Grape Juice</p>	<p>Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Sun Butter Cranberry Juice Nutri-grain bar</p>
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
<p>Sloppy Joe w/ No bun Green Beans Roasted Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers</p>	<p>Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread Sun Butter Mixed Fruit Cup</p>	<p>Grilled Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables Slice of Bread Apple Juice</p>	<p>Sliced Turkey &amp; Gravy Dressing Green Beans Slice of bread Diced Pears Granola Bar</p>	<p>Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Snack bar</p>
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
<p>Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Slice of Bread Peaches Brownie</p>	<p>Ham and Beans Spinach Tator Tots Slice of Bread Apple Sauce Sun Chips</p>	<p>Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers</p>	<p>Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie</p>	<p>Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Graham Cracker</p>
31 Monday				
<p>Salisbury Steak/ Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Sun Butter Diced Peaches</p>				<p>Your order may contain substitutions based on product availability</p>