

Kentucky Hot Menu
513-244-0660



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

October
2023

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
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	Sliced Turkey & Gravy Mashed Potatoes 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
9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
Ham and Beans Spinach Red Skin Potatoes 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 Sweet Potato Cubes 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
16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 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
23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 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
30 Monday	31 Tuesday			
Sliced Turkey & Gravy Mashed Potatoes 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			

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