

# Ohio Congregate Breakfast Menu

513-244-0660



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

**SEPTEMBER  
2023**

Approved by: \_\_\_\_\_

				<b>1 FRIDAY</b>
				Oatmeal Scrambled eggs Potato Pancakes Orange Milk Orange Juice
<b>4 MONDAY</b>	<b>5 TUESDAY</b>	<b>6 WEDNESDAY</b>	<b>7 THURSDAY</b>	<b>8 FRIDAY</b>
CLOSED HAPPY LABOR DAY	Egg Sandwich Egg, Cheese Turkey Bacon English Muffin Breakfast Potatoes Milk Fresh Fruit	Biscuit Sandwich W/ Canadian Bacon, Egg & Cheese Breakfast Potatoes Mix Fruit Milk Grape Juice	Biscuit & Gravy Sausage Patty Cottage Cheese Fruit Cocktail Milk Apple Juice	Southwestern Omelet Peppers & Onions Wheat Bread Margarine Pineapple Tibits Milk Tropical Fruit Juice
<b>11 MONDAY</b>	<b>12 TUESDAY</b>	<b>13 WEDNESDAY</b>	<b>14 THURSDAY</b>	<b>15 FRIDAY</b>
French Toast T Sausage Links SF Syrup Diced Pears Milk Tropical Fruit Juice	Cheese Omelet Potato Pancakes Cheerios Fresh Orange Milk Apple Juice	Oatmeal Scrambled eggs Potato Pancakes Peaches Milk Orange Juice	Egg, Cheese Canadian Bacon English Muffin Krispie Rice Cereal Apple Milk Grape Juice	Pancakes Scrambled Eggs SF Syrup Pears Milk Apple Juice
<b>18 MONDAY</b>	<b>19 TUESDAY</b>	<b>20 WEDNESDAY</b>	<b>21 THURSDAY</b>	<b>22 FRIDAY</b>
Egg Sandwich Egg, Cheese Turkey Bacon English Muffin Breakfast Potatoes Milk Fresh Fruit	Biscuit & Gravy Sausage Patty Cottage Cheese Fruit Cocktail Milk Apple Juice	French Toast T Sausage Links SF Syrup Diced Pears Milk Tropical Fruit Juice	Oatmeal Scrambled eggs Potato Pancakes Orange Juice Milk Orange	Biscuit Sandwich W/ Canadian Bacon, Egg & Cheese Breakfast Potatoes Mix Fruit Milk Grape Juice
<b>25 MONDAY</b>	<b>26 TUESDAY</b>	<b>27 WEDNESDAY</b>	<b>28 THURSDAY</b>	<b>29 FRIDAY</b>
Egg, Cheese Canadian Bacon English Muffin Krispie Rice Cereal Orange Juice Milk Apple	Cheese Omelet Breakfast Potato Cheerios Mix Fruit Milk Apple Juice	Oatmeal Scrambled eggs Potato Pancakes Orange Milk Orange Juice	Biscuit & Gravy Sausage Patty Cottage Cheese Fruit Cocktail Milk Apple Juice	French Toast T Sausage Links SF Syrup Diced Pears Milk Tropical Fruit Juice





