Kentucky TR Hot Menu 513-244-0660 Diabetic/Cardiac Friendly		MEALS & WHEELS SOUTHWEST ON & NORTHERN KY		March 2025
3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Salisbury Steak	Cheeseburger/No Bun	Pot Roast	Cheeseburger Meatloaf	Spaghetti & Meatballs w/Marinara
Mashed Potatoes	Diced white Potatoes	Noodles	Baby Bakers	Green Beans
Green Beans	Mixed Berries	Collard Greens	California Vegetables	Sice of Bread
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Grape Juice
Sun Butter	<b>Tropical Fruit Juice</b>	Diced Peaches	Apple Juice	SF Pudding
Tropical Fruit Juice	Ritz Bitz	SF Choc Chip Cookie	Club Crackers	
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Herbed Baked Chicken	Cincinnati Chili & Spaghetti	Country Fried Steak	Cheeseburger/No Bun	Chicken Strips
Sweet Potato Cubes		Scalloped Potatoes	Diced white Potatoes	Italian Mixed Vegetables
Green Peas	Corn	Cailfornia Vegetables	Mixed Berries	Sweet Potato Cubes
Slice of Bread	Cinnamon Apples	Slice of Bread	Slice of Bread	Slice of Bread
Apple Juice	Oyster Crackers	Sun Butter	Tropical Fruit Juice	Sun Butter
SF Lemon Cookie	Grape Juice	Peaches	Ritz Bitz	Mixed Fruit Cup
		SF Choc Chip Cookie		Club Crackers
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
Pot Roast	Turkey & Gravy	Herbed Baked Chicken	Salisbury Steak	Ham and Beans
Noodles	Mashed Potatoes	Sweet Potato Cubes	Mashed Potatoes	Spinach
Collard Greens	Green Beans	Green Peas	Green Beans	Red Skin Potatoes
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Diced Peaches	Diced Pears	Mixed Fruit	Sun Butter	Applesauce
SF Choc Chip Cookie	SF Pudding	SF Lemon Cookie	Grape Juice	Ritz Bitz
24 Monday	25 Tuesday			
	25 Tuesuay	26 Wednesday	27 Thursday	28 Friday
Spaghetti & Meatballs w/Marinara	Chicken Strips	26 Wednesday Homestyle Meatloaf	27 Thursday Salisbury Steak	28 Friday Cheeseburger/No Bun
Spaghetti & Meatballs				-
Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables	Salisbury Steak Mashed Potatoes Green Beans	Cheeseburger/No Bun Diced white Potatoes Mixed Berries
Spaghetti & Meatballs w/Marinara Green Beans	Chicken Strips Italian Mixed Vegetables	Homestyle Meatloaf Sweet Potato Patty	Salisbury Steak Mashed Potatoes	Cheeseburger/No Bun Diced white Potatoes
Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Sun Butter	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Mixed Fruit Cup	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice
Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Tropical Fruit Juice	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Sun Butter Mixed Fruit Cup	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread
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Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Tropical Fruit Juice SF Pudding 31 Monday	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Sun Butter Mixed Fruit Cup	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Mixed Fruit Cup	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice
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Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Tropical Fruit Juice SF Pudding <u>31 Monday</u> Pot Roast Noodles	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Sun Butter Mixed Fruit Cup	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Mixed Fruit Cup	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice
Spaghetti & Meatballs w/Marinara Green Beans Sice of Bread Tropical Fruit Juice SF Pudding 31 Monday Pot Roast Noodles Collard Greens	Chicken Strips Italian Mixed Vegetables Sweet Potato Cubes Slice of Bread Sun Butter Mixed Fruit Cup	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Mixed Fruit Cup	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter	Cheeseburger/No Bun Diced white Potatoes Mixed Berries Slice of Bread Tropical Fruit Juice
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