Kentucky TR Hot Menu 513-244-0660 Diabetic/Cardiac Friendly		MEALS WHEELS SOUTHWEST ON A NORTHERN KY		June 2025
2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
Turkey & Gravy	Herbed Baked Chicken	Salisbury Steak	Ham and Beans	Spaghetti & Meatballs w/Marinara
Mashed Potatoes	Sweet Potato Cubes	Mashed Potatoes	Spinach	Green Beans
Green Beans	Green Peas	Green Beans	Red Skin Potatoes	Sice of Bread
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Tropical Fruit Juice
Diced Pears	Mixed Fruit	Sun Butter	Applesauce	SF Pudding
SF Pudding	SF Lemon Cookie	Grape Juice	Ritz Bitz	
9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
Chicken Strips	Homestyle Meatloaf	Pot Roast	Cheeseburger/No Bun	Salisbury Steak
Italian Mixed Vegetables	Sweet Potato Patty	Noodles	Diced white Potatoes	Mashed Potatoes
italian mixea vegetables	Owect i oldio i dity	Noodics	Dicca wille i olalocs	musified i otatoes
Sweet Potato Cubes	Oregon Blend Vegetables	Collard Greens	Mixed Berries	Green Beans
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Mixed Fruit Cup	Tropical Fruit Juice	Diced Peaches	Tropical Fruit Juice	Sun Butter
Club Crackers	Sun Butter	SF Choc Chip Cookie	Ritz Bitz	Grape Juice
16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
Cheeseburger Meatloaf	Spaghetti & Meatballs w/Marinara	Herbed Baked Chicken	Cincinnati Chili & Spaghetti	Country Fried Steak
Baby Bakers	Green Beans	Sweet Potato Cubes		Scalloped Potatoes
California Vegetables	Sice of Bread	Green Peas	Corn	Cailfornia Vegetables
Slice of Bread	Grape Juice	Slice of Bread	Cinnamon Apples	Slice of Bread
Apple Juice	SF Pudding	Apple Juice	Oyster Crackers	Peaches
Club Crackers		SF Lemon Cookie	Grape Juice	SF Choc Chip Cookie
23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
Cheeseburger/No Bun	Chicken Strips	Pot Roast	Cheeseburger Meatloaf	Spaghetti & Meatballs w/Marinara
Diced white Potatoes	Italian Mixed Vegetables	Noodles	Baby Bakers	Green Beans
Mixed Berries	Sweet Potato Cubes	Collard Greens	California Vegetables	Sice of Bread
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Grape Juice
Tropical Fruit Juice	Mixed Fruit Cup	Diced Peaches	Apple Juice	SF Pudding
Ritz Bitz	Club Crackers	SF Choc Chip Cookie	Club Crackers	
30 MONDAY				
Herbed Baked Chicken				
Sweet Potato Cubes				
Green Peas				
Slice of Bread				
Apple Juice				
SF Lemon Cookie				