Kentucky TR Hot Menu 513-244-0660 Diabetic/Cardiac		MEALS WHEELS SOUTHWEST ON & NORTHERN KY		August 2025
Friendly				1 FRIDAY
				Cheeseburger/No Bun
				Diced white Potatoes
				Mixed Berries
				Slice of Bread
				Tropical Fruit Juice
				Ritz Bitz
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
		Spaghetti & Meatballs		Cincinnati Chili &
Pot Roast	Cheeseburger Meatloaf	w/Marinara	Herbed Baked Chicken	Spaghetti
Noodles	Baby Bakers	Green Beans	Sweet Potato Cubes	Corn
Collard Greens	California Vegetables	Sice of Bread	Green Peas	Cinnamon Apples
Slice of Bread	Slice of Bread	Grape Juice	Slice of Bread	Oyster Crackers
Diced Peaches	Apple Juice	SF Pudding	Apple Juice	Grape Juice
SF Choc Chip Cookie	Club Crackers		SF Lemon Cookie	
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
Country Fried Steak	Cheeseburger/No Bun	Chicken Strips	Pot Roast	Turkey & Gravy
Scalloped Potatoes	Diced white Potatoes	Italian Mixed Vegetables	Noodles	Mashed Potatoes
Cailfornia Vegetables	Mixed Berries	Sweet Potato Cubes	Collard Greens	Green Beans
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Peaches	Tropical Fruit Juice	Mixed Fruit Cup	Diced Peaches	Diced Pears
SF Choc Chip Cookie	Ritz Bitz	Club Crackers	SF Choc Chip Cookie	SF Pudding
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
Spaghetti & Meatballs w/Marinara	Cheeseburger Meatloaf	Ham and Beans	Cincinnati Chili & Spaghetti	Chicken Strips
Green Beans	Baby Bakers	Spinach	Corn	Italian Mixed Vegetable
Sice of Bread	California Vegetables	Red Skin Potatoes	Cinnamon Apples	Sweet Potato Cubes
Grape Juice	Slice of Bread	Slice of Bread	Oyster Crackers	Slice of Bread
SF Pudding	Apple Juice	Applesauce	Grape Juice	Mixed Fruit Cup
	Club Crackers	Ritz Bitz		Club Crackers
25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
Homestyle Meatloaf	Salisbury Steak	Ham and Beans	Spaghetti & Meatballs w/Marinara	Chicken Strips
Sweet Potato Patty	Mashed Potatoes	Spinach	Green Beans	Italian Mixed Vegetable
Oregon Blend Vegetables	Green Beans	Red Skin Potatoes	Sice of Bread	Sweet Potato Cubes
Slice of Bread	Slice of Bread	Slice of Bread	Tropical Fruit Juice	Slice of Bread
Tropical Fruit Juice	Sun Butter	Applesauce	SF Pudding	Mixed Fruit Cup
Sun Butter	Grape Juice	Ritz Bitz		Club Crackers