Kentucky Hot Menu



513-244-5485		MEALS . WHEELS		
				1 FRIDAY
				Cheeseburger
				Sweet Potato Puff
				Mixed Berry Crisp
				Slice of bread
				Sun Butter
				Orange
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
Pot Roast	Cheeseburger	Spaghetti & Meatballs	Baked Chicken w.	Cincinnati Chili &
Parslied Noodles	Meatloaf Baby Bakers	Italian Vegetables	Gravv Herbed Dressing	Spachetti Shredded cheese
Collard Greens	California Vegetables	Spinach	Brocolli & Cauliflower	Corn & Black Beans
Slice of Bread	Slice of bread	Slice of bread	Slice of Bread	Cinnamon Apples
Diced Peaches	Orange Juice	Sun Butter	Apple Juice	Oyster Crackers
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Choc. Crème cookie	Town house-crackers	Fig bar	Snack bar	Pineapple Cup
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
Country Fried Steak	Sloppy Joe w/no bun	Boneless Chicken Bites	Grilled Sausage w/Onion and Peppers	Turkey & Gravy
Scalloped Potatoes	Green Beans	Au Gratin Potatoes	Potato Wedges	Mashed Potatoes
Cailfornia Vegetables	<b>Roasted Bakers</b>	Mixed Vegetables	Mixed Vegetables	Green Beans
Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread	Slice of Bread
<b>Tropical Fruit Juice</b>	<b>Diced Pears</b>	Sun Butter	Apple Juice	<b>Diced Pears</b>
Nutri-grain bar	Cheese It Crackers	Mixed Fruit Cup		Town house Crackers
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
Chicken Alfredo w/Penne Pasta	Flame Broiled Beef Steak	Ham and Beans	Lasagna Rollup w/Meat Sauce	Chicken Strips
Sliced Carrots	Roasted Bakers	Spinach	Mixed Vegetables	Mixed Vegetables
Broccoli	Mixed Vegetables	Redskin Potatoes	Apple Crisp	Sweet Potato Cubes
Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread	Sun Butter
<b>Tropical Fruit Juice</b>	Peaches	Apple Sauce	Grape Juice	Tropical Fruit Juice
Snack Bar	Brownie	Sun Chips	Graham Crackers	Brownie
25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
Meatloaf w. gravy	Salisbury Steak/Gravy	Cheeseburger	Pot Roast	Cheeseburger Meatloaf
Mashed Potatoes	Parslied Potatoes	Sweet Potato Puff	Parslied Noodles	Baby Bakers
Carrots	Mixed Vegetables	Mixed Berry Crisp	<b>Collard Greens</b>	California Vegetables
Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread	Slice of bread
Mixed Fruit Cup	Sun Butter	Sun Butter	Diced Peaches	Orange Juice
Lorna Doone Cookie	Diced Peaches	Orange	Choc. Crème cookie	Town house-crackers