

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