

KY TR Menu 513-244-0660 Diabetic/Cardiac Friendly			 MEALS ON WHEELS SOUTHWEST OH & NORTHERN KY	December 2025
1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
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	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
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
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	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
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
Country Fried Steak Scalloped Potatoes Caifornia 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	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
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
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	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Tropical Fruit Juice Sun Butter	Salisbury Steak Mashed Potatoes Green Beans Slice of Bread Sun Butter Grape Juice
29 MONDAY	30 TUESDAY	31 WEDNESDAY		
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		MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING