

<p><b>KY TR Menu</b> 513-244-0660 Diabetic/Cardiac Friendly</p> <p><b>MEALS ON WHEELS</b> SOUTHWEST OH &amp; NORTHERN KY</p>					<b>February 2026</b>
<b>2 MONDAY</b>	<b>3 TUESDAY</b>	<b>4 WEDNESDAY</b>	<b>5 THURSDAY</b>	<b>6 FRIDAY</b>	
Cincinnati Chili & Spaghetti Corn	Country Fried Steak Scalloped Potatoes	Pot Roast Noodles	Turkey & Gravy Mashed Potatoes	Cheeseburger Meatloaf Baby Bakers	
Cinnamon Apples	California Vegetables	Collard Greens	Green Beans	California Vegetables	
Oyster Crackers Grape Juice	Slice of Bread Peaches	Slice of Bread Diced Peaches	Slice of Bread Diced Pears	Slice of Bread Apple Juice	
	SF Choc Chip Cookie	SF Choc Chip Cookie	SF Pudding	SF Choc Chip Cookie	
<b>9 MONDAY</b>	<b>10 TUESDAY</b>	<b>11 WEDNESDAY</b>	<b>12 THURSDAY</b>	<b>13 FRIDAY</b>	
Chicken Strips Italian Mixed Vegetables	Spaghetti & Meatballs w/Marinara	Homestyle Meatloaf	Cincinnati Chili & Spaghetti Corn	Ham and Beans Spinach	
Sweet Potato Cubes Slice of Bread Mixed Fruit Cup Club Crackers	Slice of Bread Grape Juice SF Pudding	Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Tropical Fruit Juice Sun Butter	Cinnamon Apples Oyster Crackers Grape Juice	Red Skin Potatoes Slice of Bread Applesauce Ritz Bitz	
<b>16 MONDAY</b>	<b>17 TUESDAY</b>	<b>18 WEDNESDAY</b>	<b>19 THURSDAY</b>	<b>20 FRIDAY</b>	
Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Apple Juice SF Lemon Cookie	Homestyle Meatloaf Sweet Potato Patty Oregon Blend Vegetables Slice of Bread Tropical Fruit Juice Sun Butter	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	Turkey & Gravy Mashed Potatoes Green Beans Slice of Bread Diced Pears Ritz Bitz	
<b>23 MONDAY</b>	<b>24 TUESDAY</b>	<b>25 WEDNESDAY</b>	<b>26 THURSDAY</b>	<b>27 FRIDAY</b>	
Spaghetti & Meatballs w/Marinara Green Beans Slice of Bread Grape 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	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Peaches SF Choc Chip Cookie	Chicken Strips Italian Mixed Sweet Potato Cubes Slice of Bread Mixed Fruit Cup Club Crackers	
<b>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING</b>					