

<b>KY TR Menu</b> <b>513-244-0660</b> <b>Diabetic/Cardiac</b> <b>Friendly</b>					<b>January</b> <b>2026</b>
			<b>1 THURSDAY</b>	<b>2 FRIDAY</b>	
<b>MENU SUBJECT TO</b> <b>CHANGE BASED</b> <b>ON AVAILABILITY</b> <b>THANK YOU FOR</b> <b>UNDERSTANDING</b>			<b>Pot Roast</b> <b>Noodles</b> <b>Collard Greens</b> <b>Slice of Bread</b> <b>Diced Peaches</b> <b>SF Choc Chip Cookie</b>	<b>Cheeseburger</b> <b>Meatloaf</b> <b>Baby Bakers</b> <b>California Vegetables</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>Club Crackers</b>	
<b>5 MONDAY</b>	<b>6 TUESDAY</b>	<b>7 WEDNESDAY</b>	<b>8 THURSDAY</b>	<b>9 FRIDAY</b>	
<b>Spaghetti &amp; Meatballs</b> <b>w/Marinara</b> <b>Green Beans</b> <b>Sice of Bread</b> <b>Tropical Fruit Juice</b> <b>SF Pudding</b>	<b>Herbed Baked Chicken</b> <b>Sweet Potato Cubes</b> <b>Green Peas</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>SF Lemon Cookie</b>	<b>Cincinnati Chili &amp;</b> <b>Spaghetti</b> <b>Corn</b> <b>Cinnamon Apples</b> <b>Oyster Crackers</b> <b>Grape Juice</b>	<b>Country Fried Steak</b> <b>Scalloped Potatoes</b> <b>California Vegetables</b> <b>Slice of Bread</b> <b>Peaches</b> <b>SF Choc Chip Cookie</b>	<b>Pot Roast</b> <b>Noodles</b> <b>Collard Greens</b> <b>Slice of Bread</b> <b>Diced Peaches</b> <b>SF Choc Chip Cookie</b>	
<b>12 MONDAY</b>	<b>13 TUESDAY</b>	<b>14 WEDNESDAY</b>	<b>15 THURSDAY</b>	<b>16 FRIDAY</b>	
<b>Turkey &amp; Gravy</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Slice of Bread</b> <b>Diced Pears</b> <b>SF Pudding</b>	<b>Cheeseburger Meatloaf</b> <b>Baby Bakers</b> <b>California Vegetables</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>SF Choc Chip Cookie</b>	<b>Chicken Strips</b> <b>Italian Mixed</b> <b>Vegetables</b> <b>Sweet Potato Cubes</b> <b>Slice of Bread</b> <b>Mixed Fruit Cup</b> <b>Club Crackers</b>	<b>Spaghetti &amp; Meatballs</b> <b>w/Marinara</b> <b>Green Beans</b> <b>Sice of Bread</b> <b>Grape Juice</b> <b>SF Pudding</b>	<b>Homestyle Meatloaf</b> <b>Sweet Potato Patty</b> <b>Oregon Blend</b> <b>Vegetables</b> <b>Slice of Bread</b> <b>Tropical Fruit Juice</b> <b>Sun Butter</b>	
<b>19 MONDAY</b>	<b>20 TUESDAY</b>	<b>21 WEDNESDAY</b>	<b>22 THURSDAY</b>	<b>23 FRIDAY</b>	
<b>Ham and Beans</b> <b>Spinach</b> <b>Red Skin Potatoes</b> <b>Slice of Bread</b> <b>Applesauce</b> <b>Ritz Bitz</b>	<b>Cheeseburger Meatloaf</b> <b>Baby Bakers</b> <b>California Vegetables</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>Club Crackers</b>	<b>Herbed Baked Chicken</b> <b>Sweet Potato Cubes</b> <b>Green Peas</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>SF Lemon Cookie</b>	<b>Homestyle Meatloaf</b> <b>Sweet Potato Patty</b> <b>Oregon Blend</b> <b>Vegetables</b> <b>Slice of Bread</b> <b>Tropical Fruit Juice</b> <b>Sun Butter</b>	<b>Pot Roast</b> <b>Noodles</b> <b>Collard Greens</b> <b>Slice of Bread</b> <b>Diced Peaches</b> <b>SF Choc Chip Cookie</b>	
<b>26 MONDAY</b>	<b>27 TUESDAY</b>	<b>28 WEDNESDAY</b>	<b>29 THURSDAY</b>	<b>30 FRIDAY</b>	
<b>Cheeseburger</b> <b>Meatloaf</b> <b>Baby Bakers</b> <b>California Vegetables</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>Club Crackers</b>	<b>Pot Roast</b> <b>Noodles</b> <b>Collard Greens</b> <b>Slice of Bread</b> <b>Diced Peaches</b> <b>SF Choc Chip Cookie</b>	<b>Turkey &amp; Gravy</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Slice of Bread</b> <b>Diced Pears</b> <b>Ritz Bitz</b>	<b>Spaghetti &amp; Meatballs</b> <b>w/Marinara</b> <b>Green Beans</b> <b>Sice of Bread</b> <b>Grape Juice</b> <b>SF Pudding</b>	<b>Herbed Baked Chicken</b> <b>Sweet Potato Cubes</b> <b>Green Peas</b> <b>Slice of Bread</b> <b>Apple Juice</b> <b>SF Lemon Cookie</b>	