

KY TR Menu 513-244-0660 Diabetic/Cardiac Friendly				 MEALS on WHEELS SOUTHWEST OH & NORTHERN KY	May 2026
1 MONDAY					
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY THANK YOU FOR UNDERSTANDING				Pot Roast Parslied Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY	
Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	
Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY	
Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	
25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	
Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	