Ohio Congregate Breakfast Menu 513-244-0660



## MEALS •• WHEELS SOUTHWEST OH & NORTHERN KY Approved by:\_

## SEPTEMBER 2023

				1 FRIDAY
				Oatmeal
				Scrambled eggs
				Potato Pancakes
				Orange
				Milk
				Orange Juice
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
CLOSED	Egg Sandwich	Biscuit Sandwich	Biscuit & Gravy	Southwestern Omelet
HAPPY LABOR DAY	Egg, Cheese	W/ Canadian Bacon,	Sausage Patty	Peppers & Onions
	Turkey Bacon	Egg & Cheese	Cottage Cheese	Wheat Bread
	English Muffin	Breakfast Potatoes	Fruit Cocktail	Margarine
	Breakfast Potatoes	Mix Fruit	Milk	Pineapple Tibits
	Milk	Milk	Apple Juice	Milk
	Fresh Fruit	Grape Juice		Tropical Fruit Juice
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
French Toast	Cheese Omelet	Oatmeal	Egg, Cheese	Pancakes
T Sausage Links	Potato Pancakes	Scrambled eggs	Canadian Bacon	Scrambled Eggs
SF Syrup	Cheerios	Potato Pancakes	English Muffin	SF Syrup
Diced Pears	Fresh Orange	Peaches	Krispie Rice Cereal	Pears
Milk	Milk	Milk	Apple	Milk
Tropical Fruit Juice	Apple Juice	Orange Juice	Milk	Apple Juice
		014go 04.00	Grape Juice	
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
Egg Sandwich	Biscuit & Gravy	French Toast	Oatmeal	Biscuit Sandwich
Egg, Cheese	Sausage Patty	T Sausage Links	Scrambled eggs	W/ Canadian Bacon,
Turkey Bacon	Cottage Cheese	SF Syrup	Potato Pancakes	Egg & Cheese
English Muffin	Fruit Cocktail	Diced Pears	Orange Juice	Breakfast Potatoes
Breakfast Potatoes	Milk	Milk	Milk	Mix Fruit
Milk	Apple Juice	<b>Tropical Fruit Juice</b>	Orange	Milk
Fresh Fruit				Grape Juice
25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY
Egg, Cheese	Cheese Omelet	Oatmeal	Biscuit & Gravy	French Toast
Canadian Bacon	Breakfast Potato	Scrambled eggs	Sausage Patty	T Sausage Links
En alla la Martfin		Potato Pancakes	Cottage Cheese	SF Syrup
English Muffin	Cheerios			
English Muffin Krispie Rice Cereal	Cheerios Mix Fruit	Orange	Fruit Cocktail	Diced Pears
•			Fruit Cocktail Milk	Diced Pears Milk
Krispie Rice Cereal	Mix Fruit	Orange		