Sep-23 513-244-0660 MEALS WHEELS Approved by:

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					1 Friday	2 Saturday
					Spaghetti & Meatballs	Cheeseburger Meatloaf
					Spinach	Baby Bakers
					Italian Vegetables	California Vegetables
					Slice of Bread	Slice of Bread
					Mixed fruit cup	Orange Juice
					Choc Crème Cookie	Towne House Crackers
3 Sunday	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday
C. Fried Steak w/ Gravy	Country Ham	Baked Chicken/Gravy	Cincinnati Chili & Spag.	Country Fried Steak	Pork BBQ	Boneless Chicken Bites
Peas and Carrots	Sweet Potato Cubes	Herb Dressing	Shredded cheese	Scalloped Potatos	□ Garlic Potatoes	□ Au gratin Potatoes
Mashed Potatoes	Capri Blend Vegetables	Broccoli & Cauliflower	Corn & Black Beans	California Vegetables	Carrots	Mixed Vegetables
Diced Pears	Slice of bread	slice of bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread
Cranberry Juice	Orange Juice	Apple Juice	Grape Juice	Cranberry Juice	Tropical Fruit Juice	Diced Peaches
Cheese it crackers	Choc Crème Cookie	Fruit Cup	Oyster crackers	Graham Cracker	Brownie	Fruit Cup
10 Sunday	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
Cheese Omelet	BBQ Chicken Bites	Grilled Sausage w/	Meatloaf w/ Gravy	Chicken Alfredo &	Flamed Broiled Steak	Ham and Beans
Hash Brown Patty	Roasted New Potatoes	onions and peppers	Mashed Potatoes	Penne Pasta	 Roasted Baby Bakers 	□ Spinach
Peach Crisp	California Vegetables	Seasoned Potato Wedges	Carrots	Sliced Carrots	Mixed Vegetables	Tator Tots
Slice of Bread	Slice of bread	Mixed Vegetables	Slice of Bread	Broccoli	Slice of Bread	slice of bread
Mandarin Oranges	Orange juice	Applie Juice	Diced Peaches	Tropical Fruit Juice	Peaches	Applesause
Snack Bar	Sun Chips	Mixed Fruit Cup	Brownie	Fruit Cup	Snack Bar	Sun Chips
17 Sunday	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
Biscuits and Gravy	Pot Roast	Lasagna w/ Meat Sauce	Cincinnati Chili & Spaghetti	Chicken Strips	Sloppy Joe/ No bun	Sliced Turkey & Gravy
Mini Potato Pancakes	Redskin Potatoes	Italian Vegetables	Shredded cheese	Italian mixed vegetables	Given Beans	□ □ □ Dressing
Turkey Sausage	Carrots	Apple Crisp	Corn & Black Beans	Tater Barrels	Baby Bakers	Green Beans
Cranberry Juice	Slice of bread	Slice of Bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread
Diced Pears	Orange Juice	Apple juice	Oyster crackers	Cranberry Juice	Tropical Fruit Juice	Grape Juice
Ritz Bitz	Choc Crème Cookie	Graham Crackers	Fruit Cup	Choc Crème Cookie	Cheese it crackers	Diced Pears
24 Sunday	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
Pancakes	Pork BBQ	Salisbury Steak/Gravy	Cheeseburger/ No bun	Pot Roast	Spaghetti & Meatballs	Cheeseburger Meatloaf
Mini Potato Pancakes	Garlic Redskin Potatoes	Parslied Potatoes	Sweet Potato Puff	Parslied Noodles	□ Spinach	Baby Bakers
Turkey sausage links	Carrots	Mixed Vegetables	Mixed Berry Crisp	Collard Greens	Italian Vegetables	California Vegetables
Fruit Cup	Slice of bread	Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread
Apple Juice	Grape Juice	Peaches	Mandarin Oranges	Pineapple Cup	Mixed fruit cup	Orange Juice
Ritz Bitz	Sun Chips	Granola Bar	Graham crackers	Brownie	Choc Crème Cookie	Towne House Crackers