Approved by:

Jun-23 513-244-0660 MEALS WHEELS Approved by:						
				1 Thursday	2 Friday	3 Saturday
				Sloppy Joe/ No bun	Sliced Turkey & Gravy	Pancakes
				Green Beans	Dressing	Mini Potato Pancakes
				Baby Bakers	Green Beans	Turkey sausage links
				Slice of Bread	Slice of Bread	Fruit Cup
				Tropical Fruit Juice	Grape Juice	Apple Juice
				Cheese it crackers	Diced Pears	Ritz Bitz
4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 Saturday
Pork BBQ	Salisbury Steak/Gravy	Cheeseburger/ No bun	Pot Roast	Spaghetti & Meatballs	Cheeseburger Meatloaf	C. Fried Steak w/ Gravy
Garlic Redskin Potatoes	Parslied Potatoes	Sweet Potato Puff	Parslied Noodles	Spinach	Baby Bakers	Peas and Carrots
Carrots	Mixed Vegetables	Mixed Berry Crisp	Collard Greens	Italian Vegetables	California Vegetables	Mashed Potatoes
Slice of bread	Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread	Diced Pears
Grape Juice	Peaches	Mandarin Oranges	Pineapple Cup	Mixed fruit cup	Orange Juice	Cranberry Juice
Sun Chips	Granola Bar	Graham crackers	Brownie	Choc Crème Cookie	Towne House Crackers	Cheese it crackers
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
Country Ham	Baked Chicken/Gravy	Cincinnati Chili & Spag.	Country Fried Steak	Pork BBQ	Boneless Chicken Bites	Cheese Omelet
Sweet Potato Cubes	Herb Dressing	Shredded cheese	Scalloped Potatos	Garlic Potatoes	□ Au gratin Potatoes	Hash Brown Patty
Capri Blend Vegetables	Broccoli & Cauliflower	Corn & Black Beans	California Vegetables	Carrots	Mixed Vegetables	Peach Crisp
Slice of bread	slice of bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread	Slice of Bread
Orange Juice	Apple Juice	Grape Juice	Cranberry Juice	Tropical Fruit Juice	Diced Peaches	Mandarin Oranges
Choc Crème Cookie	Fruit Cup	Oyster crackers	Graham Cracker	Brownie	Fruit Cup	Snack Bar
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
BBQ Chicken Bites	Grilled Sausage w/	Meatloaf w/ Gravy	Chicken Alfredo &	Flamed Broiled Steak	Ham and Beans	Biscuits and Gravy
Roasted New Potatoes	onions and peppers	Mashed Potatoes	Penne Pasta	Roasted Baby Bakers	□ Spinach	Mini Potato Pancakes
California Vegetables	Seasoned Potato Wedges	Carrots	Sliced Carrots	Mixed Vegetables	Tator Tots	Turkey Sausage
Slice of bread	Mixed Vegetables	Slice of Bread	Broccoli	Slice of Bread	slice of bread	Cranberry Juice
Orange juice	Applie Juice	Diced Peaches	Tropical Fruit Juice	Peaches	Applesause	Diced Pears
Sun Chips	Mixed Fruit Cup	Brownie	Fruit Cup	Snack Bar	Sun Chips	Ritz Bitz
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	
Pot Roast	Lasagna w/ Meat Sauce	Cincinnati Chili & Spaghetti	Chicken Strips	Sloppy Joe/ No bun	Sliced Turkey & Gravy	
Redskin Potatoes	Italian Vegetables	Shredded cheese	Italian mixed vegetables	Green Beans	□ Dressing	
Carrots	Apple Crisp	Corn & Black Beans	Tater Barrels	Baby Bakers	Green Beans	
Slice of bread	Slice of Bread	Cinnamon Apples	Slice of bread	Slice of Bread	Slice of Bread	
Orange Juice	Apple juice	Oyster crackers	Cranberry Juice	Tropical Fruit Juice	Grape Juice	
Choc Crème Cookie	Graham Crackers	Fruit Cup	Choc Crème Cookie	Cheese it crackers	Diced Pears	