

513-244-5485 MEALS WHEELS SOUTHWEST ON & NORTHERN KY						
		1 WEDNESDAY	2 THURSDAY	3 FRIDAY		
		Sloppy Joe w/no bun	Boneless Chicken Bites	Grilled Sausage w/Onion and Peppers		
		Green Beans	Au Gratin Potatoes	Potato Wedges		
		Roasted Bakers	Mixed Vegetables	Mixed Vegetables		
		Slice of bread	Slice of Bread	Slice of Bread		
		Diced Pears	Sun Butter	Apple Juice		
		Cheese It Crackers	Mixed Fruit Cup			
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY		
Turkey & Gravy	Chicken Alfredo w/Penne Pasta	Flame Broiled Beef Steak	Ham and Beans	Lasagna Rollup w/Meat Sauce		
Mashed Potatoes	Sliced Carrots	Roasted Bakers	Spinach	Mixed Vegetables		
Green Beans	Broccoli	Mixed Vegetables	Redskin Potatoes	Apple Crisp		
Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread	Slice of Bread		
Diced Pears	Tropical Fruit Juice	Peaches	Apple Sauce	Grape Juice		
Town house Crackers	Snack Bar	Brownie	Sun Chips	Graham Crackers		
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY		
Chicken Strips	Meatloaf w. gravy	Salisbury Steak/Gravy	Cheeseburger	Pot Roast		
Mixed Vegetables	Mashed Potatoes	Parslied Potatoes	Sweet Potato Puff	Parslied Noodles		
Sweet Potato Cubes	Carrots	Mixed Vegetables	Mixed Berry Crisp	Collard Greens		
Sun Butter	Slice of Bread	Slice of Bread	Slice of bread	Slice of Bread		
Tropical Fruit Juice	Mixed Fruit Cup	Sun Butter	Sun Butter	Diced Peaches		
Brownie	Lorna Doone Cookie	Diced Peaches	Orange	Choc. Crème cookie		
20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY		
Cheeseburger Meatloaf	Spaghetti & Meatballs	Baked Chicken w. Gravy	Cincinnati Chili & Spaghetti	Country Fried Steak		
Baby Bakers	Italian Vegetables	Herbed Dressing	Shredded cheese	Scalloped Potatoes		
California Vegetables	Spinach	Brocolli & Cauliflower	Corn & Black Beans	Cailfornia Vegetables		
Slice of bread	Slice of bread	Slice of Bread	Cinnamon Apples	Slice of Bread		
Orange Juice	Sun Butter	Apple Juice	Oyster Crackers	Tropical Fruit Juice		
Town house-crackers	Fig bar	Snack bar	Pineapple Cup	Nutri-grain bar		
27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY		
Sloppy Joe w/no bun	Boneless Chicken Bites	Grilled Sausage w/Onion and Peppers	Turkey & Gravy	Chicken Alfredo w/Penne Pasta		
Green Beans	Au Gratin Potatoes	Potato Wedges	Mashed Potatoes	Sliced Carrots		
Roasted Bakers	Mixed Vegetables	Mixed Vegetables	Green Beans	Broccoli		
Slice of bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread		
Diced Pears	Sun Butter	Apple Juice	Diced Pears	Tropical Fruit Juice		
Cheese It Crackers	Mixed Fruit Cup		Town house Crackers	Snack Bar		