KY TR Menu		• • • • •		October
513-244-0660				2025
Diabetic/Cardiac		MEALS OF WHEELS		
Friendly		300THWEST ON & NORTHERN RT		
		1 WEDNESDAY	2 THURSDAY	3 FRIDAY
		Cheeseburger/No Bun	Chicken Strips	Pot Roast
		Diced white Potatoes	Italian Mixed Vegetables	Noodles
		Mixed Berries	Sweet Potato Cubes	Collard Greens
		Slice of Bread	Slice of Bread	Slice of Bread
		Tropical Fruit Juice	Mixed Fruit Cup	Diced Peaches
		Ritz Bitz	Club Crackers	SF Choc Chip Cookie
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
Turkey & Gravy	Spaghetti & Meatballs w/Marinara	Cheeseburger Meatloaf	Ham and Beans	Cincinnati Chili & Spaghetti
Mashed Potatoes	Green Beans	Baby Bakers	Spinach	Corn
Green Beans	Sice of Bread	California Vegetables	Red Skin Potatoes	Cinnamon Apples
Slice of Bread	Grape Juice	Slice of Bread	Slice of Bread	Oyster Crackers
Diced Pears	SF Pudding	Apple Juice	Applesauce	Grape Juice
SF Pudding		Club Crackers	Ritz Bitz	
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY
Chicken Strips	Homestyle Meatloaf	Salisbury Steak	Cheeseburger/No Bun	Pot Roast
Italian Mixed Vegetables	Sweet Potato Patty	Mashed Potatoes	Diced white Potatoes	Noodles
Sweet Potato Cubes	Oregon Blend Vegetables	Green Beans	Mixed Berries	Collard Greens
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Mixed Fruit Cup	Tropical Fruit Juice	Sun Butter	Tropical Fruit Juice	Diced Peaches
Club Crackers	Sun Butter	Grape Juice	Ritz Bitz	SF Choc Chip Cookie
20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
Cheeseburger Meatloaf	Spaghetti & Meatballs w/Marinara	Herbed Baked Chicken	Cincinnati Chili & Spaghetti	Country Fried Steak
Baby Bakers	Green Beans	Sweet Potato Cubes	Corn	Scalloped Potatoes
California Vegetables	Sice of Bread	Green Peas	Cinnamon Apples	Cailfornia Vegetables
Slice of Bread	Tropical Fruit Juice	Slice of Bread	Oyster Crackers	Slice of Bread
Apple Juice	SF Pudding	Apple Juice	Grape Juice	Peaches
Club Crackers		SF Lemon Cookie		SF Choc Chip Cookie
27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY
Cheeseburger/No Bun	Chicken Strips	Pot Roast	Turkey & Gravy	Spaghetti & Meatballs w/Marinara
Diced white Potatoes	Italian Mixed Vegetables	Noodles	Mashed Potatoes	Green Beans
Mixed Berries	Sweet Potato Cubes	Collard Greens	Green Beans	Sice of Bread
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Grape Juice
Tropical Fruit Juice	Mixed Fruit Cup	Diced Peaches	Diced Pears	SF Pudding
	Club Crackers	SF Choc Chip Cookie	SF Pudding	l