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